

Dear Friends:

Welcome to the Olive D. Overly Cook Fitness Center!

It is with pleasure that we invite our “extended family” to enjoy and benefit from participation in our state-of-the-art Fitness Center.

Prior to using the Center, we would ask that you:

1. Complete the application and forward same to Jared Martz, Fitness Center Coordinator.
2. You will receive the Health History and Release Forms during orientation after we have received your application.
3. Call Jared Martz at 484-628-7705 or e-mail him at [martzj@thehighlands.org](mailto:martzj@thehighlands.org), to schedule your orientation.
4. Always bring your membership card with you. Please turn your membership card into the receptionist to obtain the key to the fitness center.

## WATER PROGRAM SCHEDULE

### *Aqua Tone Classes*

Monday.....1:30 p.m. - 2:15 p.m.  
 Wednesday.....10:00 a.m. - 10:45 a.m.  
 Thursday..... 10:00 a.m. – 10:45 a.m.

### *Aqua Balance*

Tuesday..... 1:30 p.m. – 2:15 p.m.

### *Water Walking*

Monday.....2:15 p.m. - 3:00 p.m.  
 Wednesday.....10:45 a.m. - 11:30 a.m.  
 Thursday.....10:45 a.m. - 11:30 a.m.

### *Supervised Swim*

Tuesday.....2:15 p.m. – 3:15 p.m.  
 Friday..... 1:30 p.m. – 2:30 p.m.



**MEMBERSHIP APPLICATION**

Name (self): \_\_\_\_\_

Name (spouse): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*Thank you for your interest...  
 and “commit to keep fit”!*

# Group Exercise

## **Current Schedule**

*Please refer to the weekly bulletin for up-to-date group exercise classes.*

### **Monday**

*Zumba Gold 10:00am Berkshire Rm.*  
*Exercise Video 2:00pm FC Lobby*  
*Wii Games 2:30 pm FC Lobby*

### **Tuesday**

*Yoga 9:00am Cultural  
Side B*

### **Wednesday**

*Tai Chi 1:00pm Cultural Center  
Side B*

### **Thursday**

*Light weights/stretches  
10:00am Berkshire Rm.*

### **Friday**

*Line Dancing 10:00am Berkshire Rm.*  
*Exercise Video 10:00am FC Lobby*  
*Wii Games 10:30am FC Lobby*

Revised September 15, 2016

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***Olive D. Overly Cook***

***Fitness Center***

*Future Resident Club*

*and*

*Board of Directors*

***PROGRAM SCHEDULE***

