

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 Carla Horning, Fitness Coordinator.
2. You will receive the Health History and Release Forms during orientation after we have received your application.
3. Call Carla Horning, at 484-628-7705 or e-mail her at horninge@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 February 2, 2016

G:\Groupdat\Marketing\Forms



Olive D. Overly Cook

Fitness Center

Future Resident Club

and

Board of Directors

PROGRAM SCHEDULE

