

# SJSU | TIMPANY CENTER

730 Empey Way  
San Jose, CA 95128  
408-283-9036  
[timpanycenter@sjtu.edu](mailto:timpanycenter@sjtu.edu)

## MEMBERSHIPS

### Pool Memberships

**Adult: \$60 per month**  
**Child: \$40 per month**  
**Veteran: \$25 per month\*\***  
**SJSU student/staff/Alumni:  
\$40 per month\*\***  
**Daily Drop in:\$20 per visit**  
**Attendant: \$25 per month**

**\*\* Proof/ID required!**

Attendants: If a member requires an attendant to be in the pool with them, they are required to have an attendant membership. The attendant must stay within arms-reach of their member.

### Land Membership

**Pool members: \$15**  
**Non-pool members: \$20**  
**Drop ins: \$5**

Only members who are 16 years & older are allowed in the fitness center.

Costs	Pool Member	Non-Member
3 day week class	\$30	\$60
2 day week class	\$25	\$50
1 day week class	\$15	\$30

Free arthritis class requires additional registration prior to participation.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30a					
9:00a	Ai Chi 9-10a	Stretch 9-9:30a			
9:30a			Ai Chi 9-10a	Stretch 9-9:30a	
10:00a	Healthy Joint 10:15-11a	Seated Fitness 10-10:30a	Arthritis 10-10:30a	Arthritis 10-10:30a	Arthritis 9-10a
10:30a		Enhance Fitness 10:30-11:30a		Enhance Fitness 10:30-11:30a	Healthy Joint 10:15-11a
11:00a	Aqua Aerobics 11:15a-12p		Aqua Aerobics 11:15a-12p	Aqua Aerobics 11:15a-12p	Aqua Aerobics 11:15a-12p
11:30a			Arthritis 11:45a-12:30p	Arthritis 11:45a-12:30p	Arthritis 11:45a-12:30p
12:00p					
12:30p					
1:00p	Aqua Core 1-1:45p		Aqua Core 1-1:45p		Aqua Core 1-1:45p
1:30p					
2:00p	Deep Water 2:230p		Deep Water 2:230p		Deep Water 2:230p
2:30p			Falls Prevention 2:15-245p		Falls Prevention 2:15-245p
3:00p	Arthritis 3:15-4p		Arthritis 3:15-4p		Private Class 2:45-3:30p
3:30p					Yoga 3-3:45p
4:00p					
4:30p					
5:00p	Aqua Aerobics 5-5:45p				Aqua Aerobics 5-5:45p
5:30p					
6:00p					Water Class
6:30p					Zoom Class
7:00p					
7:30p					Land Class
8:00p					
8:30p					
9:00p					

# Aqua Classes

## Ai Chi

Learn to move through a flowing progression of slow broad movements of arms, legs & torso. Improve range of motion and mobility & experience the deep relaxation that promotes sleep. Very relaxing & great for reducing daily stress & anxiety.

## Healthy Joint

This aqua class aims to increase muscle strength & endurance in addition to reducing pain and stiffness. The instructor will also focus on increasing range of motion within the joint areas that are important for day to day simple life functions.

## Aqua Core (previously Healthy Back)

This program is designed to help back pain & is recommended for anyone that suffers from back pain due to stress and tension, traumatic accidents, poor physical condition, overuse, poor body mechanics and muscle imbalance. This program aims to improve flexibility, strength & balance, range of motion, coordination and gait and decrease pain.

## Deep Water Aqua

All deep water aerobics with no impact, & the full resistance of the water! Learn proper deep water exercise technique to be safe, build strength and stamina, & get an incredible workout. This class will be instructed at a moderate to vigorous intensity level. Water belts are required & provided, water bottles/hydration must be brought and are required at the time of class.

## Aqua Aerobics

Aqua Aerobics is a fun, medium intensity, low impact workout in shallow water. Class uses water and equipment to add resistance to improve muscle strength, endurance and flexibility. This full body workout is a combination of cardio and muscle toning. No swimming skills are required.

## AEA Aqua Arthritis

This exercise program is suitable for all fitness levels and has been shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and moderate aerobic exercises. Each session provides a friendly and supportive environment that encourages social interaction. Swimming skills are not required.

# Land Classes

## EnhanceFitness

EnhanceFitness is a group exercise class taught by an EnhanceFitness certified instructor that improves your balance, flexibility, bone density, endurance, coordination, and mental sharpness and decreases your risk of falling. Can be done in a chair or standing and with or without weights.

# ZOOM ONLINE CLASSES

## Seated Aerobics

This cardiovascular fitness program uses sitting and standing exercises to increase muscle strength and definition in your arms, shoulders, chest, back and abs. A chair is a requirement for this class. Weights, exercise bands or small exercise balls are recommended, but not required.

## Seated Yoga

Marichu will guide you through gentle yoga while seated in the comfort of your own home. Benefits include increased flexibility, muscle strength, and improved breath control. The goal is to perform various yoga poses while keeping breathing calm and controlled. A portion of the class will be performing yoga poses in sync with the music. If this class sounds like your kind of pace, please grab a chair and join in. Namaste.

## Seated Fitness

Join our instructors for seated low impact fitness to maintain and increase your range of motion and stay flexible while at home with some moderate intensity aerobics. Work on muscle tone with various at home weight options or focus on functional movement without weights.

## Stretching

Waking up those muscles is a great way to start your morning or pick up your afternoon. Instructors lead you through a routine that covers all the major muscle groups while in the comfort of your own home. This gentle class is appropriate for anyone who wants to add flexibility to their daily routine. All levels and abilities are welcome.

## AEA Arthritis

This exercise program is suitable for all fitness levels and has been shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and moderate aerobic exercises.