

Water Aerobics Classes Continue at Lodge Pool

The holidays are here! Once I saw the candy corn down that Wal-Mart aisle, I knew it was time to get serious about a holiday workout plan because, my thought is, if we do all the work now, we can't be making the same old New Year's resolutions we do every year.

Why is it that all the holidays have to be about food? We have Halloween and you know we always have to dip into the kids' candy buckets to look for our favorites. Then we have the dreaded big turkey dinner with all the trimmings three weeks later. For this one I'm safe because I went vegetarian last year, but I'm still weak in the knees for my mom's mashed potatoes. Next is the big feast of ham at Christmas – again, with all the yummy added extras. After that there's Super Bowl, with chip and dips and pigs in the blankets. So what are we to do?

Well, down here at the Pool you'll find around 27 die-hards on any giving day doing water aerobics. Did you know we still have class Monday through Saturday at 8:30 every morning? After doing bad things on the weekend, we call the first day of exercise "Guilt Monday."

Doing water exercises has to be one of the best gifts you can give your body; and if you haven't tried swimming, it's a great way to get back into shape and get your endurance back up to be ready to do other things.

Water aerobics will continue until December 15, when the Pool closes for the season. But the exercising doesn't stop! Beginning January 4, we go inside for the fish Out of Water Classes. We'll do low impact aerobics, using light weights and having a good time while staying in shape and waiting for the Pool to re-open in the Spring.

If you get a chance, come down before the Pool closes; or, if you want, you can wait until we meet in the Pool View Room at the Lodge in January. Either way, we'll be there and it's still only a dollar. Currently, the Pool opens daily for lap and water aerobics from 7 to 10 am. After 10 it's open swim for all members and guests. The Pool now closes each evening at 7 pm. For more information, call the Pool office at 244-6840-, ext 617.