

# YWATER FITNESS™

We build strong kids, strong families, strong communities.

The YMCA Water Fitness Program is based on the latest research in aquatic health. The program consists of a variety of water exercise classes to meet the needs of all ages and fitness levels. We encourage all participants to work at their own comfort level so all of our water fitness classes can be easily adapted to each person's individual skill level. Participants will get out of the class what they put into it.

All classes include warm-ups, cardiovascular, muscle strengthening, and stretching exercises. Water exercise is easy-to-learn and safe. Participating in water fitness classes is a great way to get a workout that combines a greater range of motion with lower impact on the joints. The natural buoyancy of water supports joints and creates a greater resistant environment to work muscles in all dimensions.

Water Fitness classes are *free* for all members of the Anderson Area YMCA. Non-swimmers are welcome, but you should be comfortable in the water to participate. **Come join in the fun!**

- **Aqua Body Blast: Shallow Water** ~ Come discover what the YMCA Water Fitness Program is all about! This shallow water aerobics class is great for building strong heart and lungs, toning muscles, and increasing flexibility. Barbells, resistance bands, and kickboards are used to strengthen muscles. If you think this class is easy come give it a try!
- **Aqua Core Training: Deep Water** ~ This is a high-intensity, exhilarating workout geared to work your core muscles and get your heart rate up! There is no impact on the joints, but a lot of resistance to strengthen muscles especially those abdominals. It's a total body workout! Flotation belts will be required for the optimal workout experience.
- **Aqua Flow (Arthritis Foundation YMCA Aquatic Program) Shallow Water** ~ The YMCA and the Arthritis Foundation have teamed up to develop this unique program for arthritis and related diseases. This water exercise class focuses on specific exercises that improve range-of-motion, strength, and flexibility. The class is held in the therapy pool, which maintains a temperature of 88 degrees, and participation in this class will help reduce the symptoms associated with arthritis and related diseases.
- **Basic Training: Deep Water** ~ Just starting out? This is the class for you to learn the basic moves in the water. Flotation belts will be required for the optimal workout experience.
- **Super Splash ~ Shallow Water** Whether you're advanced or doing exercise for the first time, this is the class for you. Tons of fun and a great opportunity to socialize while keeping fit!
- **Aqua Step ~ Shallow Water** This class utilizes all the water fitness movements that you are accustomed to by using the aqua step. The aqua step adds more resistance, variety, and fun to your water fitness workout.