



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Water Fitness Schedule

January 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am		Aqua Core Training Shaun		Aqua Core Training Shaun	
8:30am	Aqua Core Training Mary Kate	Aqua Core Training Shawna	Aqua Core Training Mary Kate	Aqua Tabata Training Arielle	Aqua Tabata Training Mary Kate
9:30am	Aqua Bands Barbara	Aqua Body Blast Shawna	Aqua Step Barbara	Aqua Body Blast Tammy	Super Splash Barbara
10:30am	Aqua Flow Barbara Super Splash Mary Kate	Aqua Core Training Madison	Aqua Flow Barbara Super Splash Mary Kate	Aqua Core Training Tammy	Aqua Flow Barbara Shallow Tabata Training Mary Kate
		2:15pm Warm Water Stretch & Strength Doug		11:30am Warm Water Stretch & Strength Doug	
6:30pm	Aqua Core Training Susan	Aqua Body Blast Susan	No Class	Aqua Core Training Susan	No Class
Saturday Classes @ 9am	January 7 th Instructor's Choice Susan	January 14 th Instructor's Choice Madison	January 21 st Instructor's Choice Tammy	January 28 th Instructor's Choice Shawna	

Water Fitness Class Descriptions:

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. **All classes can be scaled to any fitness level or ability.** Participants will get out of the class what they put into it.

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 resistance environment to work muscles in all dimensions. Shallow water classes typically are greater impact, while deep water is non-impact exercise.

Water fitness classes are free to all members. Non-swimmers are welcome, but you should be comfortable in the water to participate. Come on in and join the fun!

- **Aqua Body Blast: Shallow Water** –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.
- **Aqua Core Training: Deep Water** – This workout is great for beginners and intermediates alike. There is not 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 experience.
- **Aqua Flow (Arthritis Foundation YMCA Aquatic Program) Shallow Water, Therapy Pool** – This low impact, unique program for arthritis and related diseases utilizes different exercises to increase range-of-motion, strength and flexibility. While this class is geared toward arthritis patients, it is great for many different aches and pains.
- **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** – A modified version of Super Splash that utilizes the aqua steps to do more step aerobics type activities.
- **Aqua Bands: Shallow Water** – A modified version of Super Splash that utilizes "stretchy" resistance bands for water movements.
- **Aqua Tabata Training: Deep Water** –Tabata style workouts utilize the aerobic movements from water fitness exercises, in an interval training style. 8 sets of moves are performed in increments of 20 seconds of work: 10 seconds of rest. Float belts are required.
- **Warm Water Stretch and Strength: Shallow Water, Therapy Pool** – A mild exercise and strengthening class done in the warm water. Works on strength and flexibility in a warm water environment.