



We build strong kids, strong families, strong communities.

Effective June 1, 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 – 8:15 am	Deep Water Cardio Abs	Deep Water Cardio Abs	Deep Water Cardio Abs	Deep Water Cardio Abs	Deep Water Cardio Abs		
8:20 – 8:35 am	Shallow Strength Training	Shallow Strength Training	Shallow Strength Training	Shallow Strength Training	Shallow Strength Training		
8:40 – 9:25 am	Shallow Cardio	Shallow Cardio	Shallow Cardio	Shallow Cardio	Shallow Cardio	Deep Variety 9:00 – 9:45	
11:15 – 12:00 pm		Deep Variety		Deep Variety			
12:00 – 12:45 pm		SilverSneakers® SilverSplash®		SilverSneakers® SilverSplash®			
1:00 – 1:45 pm	Shallow Cardio	Arthritis Foundation YMCA Aquatic Program <u>Plus</u>	Shallow Cardio	Arthritis Foundation YMCA Aquatic Program <u>Plus</u>	Shallow Cardio	We will begin deep water exercise classes in the outdoor pool in July  Watch for more information to come	Shallow Variety 12:15 – 1:00 pm
1:45 pm – 2:00 pm	Strength Training	Arthritis Foundation YMCA Aquatic Program <u>Plus</u>	Strength Training	Arthritis Foundation YMCA Aquatic Program <u>Plus</u>	Strength Training		
7:20 – 8:05 pm	Deep Variety		Deep Variety				
7:45 – 8:30 pm		Deep Variety		Deep Variety			

# Water Fitness Class Descriptions

## **Deep High Intensity Cardio Abs – 45 minutes**

Although all are welcome, this class is designed for the fit participant. It is 30 – 35 minutes of high intensity deep-water cardio exercises, intermixed with exercises designed to enhance and develop core strength and to strengthen and tone the abdominal area.

## **Shallow Cardio – 45 minutes**

Although all are welcome, this class is designed for the fit participant. It is 30 – 35 minutes of moderate intensity shallow-water cardio exercises including water walking and minimal jumping. Options will be available for increasing or decreasing your personal intensity level.

## **Strength Training – 15 minutes**

A variety of different equipment will be used to strengthen upper, middle, and lower body. (Example: bands, balls, paddles, noodles)

## **Arthritis Foundation YMCA Aquatic Program Plus –60 minutes**

The Arthritis Foundation in conjunction with the YMCA offers this program to anyone who has a need to exercise in the water. All exercises are approved by the Arthritis Foundation and are designed for muscle strengthening around the joints and joint range of motion. Includes muscle strength and endurance, range of motion, low to moderate cardio exercise, and fun.

## **Deep Variety – 45 minutes**

Although all are welcome, this course is designed for the fit participant. A variety of class formats will be used for deep-water cardio conditioning, muscle strengthening and flexibility.

## **SilverSneakers® SilverSplash® - 45 minutes**

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

## **Shallow Variety – 45 minutes**

Great for any fitness level. A variety of shallow water moves offered for cardiovascular fitness, flexibility and muscle endurance. Options will be available for increasing or decreasing your personal intensity level.