



We build strong kids, strong families, strong communities.

Effective September 2, 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			
12:05 – 12:50 pm Note slight start time change		SilverSneakers® SilverSplash®		SilverSneakers® SilverSplash®			Shallow Variety 12:15 – 1:00 pm
1:00 – 1:45 pm	Shallow Cardio	Arthritis Foundation YMCA Aquatic Program Plus	Shallow Cardio	Arthritis Foundation YMCA Aquatic Program Plus	Shallow Cardio	Introduction to Water Fitness Saturday September 6 October 4 8:00 am – 9:00 am	All in the Family Water 1:00 – 1:45 pm
1:45 pm – 2:00 pm	Strength Training	Arthritis Foundation YMCA Aquatic Program Plus	Strength Training	Arthritis Foundation YMCA Aquatic Program Plus	Strength Training	Come learn how to get the most out of your water fitness class.	
7:20 – 8:05 pm	Deep Variety		Deep Variety		Water Polo Fitness 7:00 – 7:45 pm		

Tuesday/Thursday evening water fitness will return in October. Please feel free to exercise as a group until that time. Space will be reserved for you.

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.

Introduction to water fitness – 60 minutes

Learn how to get the most out of your water fitness class. Class includes basic skills and methods to increase or decrease intensity. Both shallow and deep are included. Classes begin Sept. 6 and will run the first Saturday of the month from 8:00 am – 9:00 am.

All in the Family Water – 45 minutes

A variety of shallow water moves offered for cardiovascular fitness, flexibility, and muscle endurance. Families are welcome.

Water Polo Fitness – 45 minutes

Challenging, energetic, game that emphasizes swimming ability, conditioning, ball skills and team work. Join the fun of this new water class.