



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Fitness SCHEDULE

9/05/17-6/3/18

Most water fitness classes are FREE with your membership! Please see back for description if it is a paid class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30am Arthritis* Sally – IP			8:30-9:30am Arthritis* Sally – IP		
9:15-10:15am The Splash Daphne – LP	9:15-10:15am The Splash Janet – LP		9:15-10:15am The Splash Abbe – LP	9:00-10:00am Deep Water Aerobics Daphne – LP	9:00-10:00am H2O Interval Daphne –LP
10:15-11:00am Silver Splash* Daphne – LP	10:15-11:15am Aqua Cycling Janet – LP	10:15-11:00am Deep Water Cadence Running* Tally – LP PAID CLASS	10:15-11:15am Water Bootcamp Daphne – LP	10:15-11:00am Deep Water Cadence Running* Daphne – LP PAID CLASS	10:15-11:00am Deep Water Cadence Running* Daphne – LP PAID CLASS
6:30-7:30pm Aquanatics Janet- LP					

*Non-member Rate LP: Lap Pool IP: Instructional Pool



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WATER FITNESS CLASS DESCRIPTIONS:

Aqua Cycling: Love your cycling class and the water? Try our new aqua noodle cycling class, using a noodle to move your "cycle" around the pool. This great aerobic workout will also incorporate upper-body muscles as you do jumps, races and flats.

Aquanatics: This is a low impact, moderate intensity water fitness class. After initial stretching and cardio intervals in the shallow end of the pool, the class moves to the deep end for muscle toning, additional cardio, and stretching. This is a great whole body workout! Noodles and barbells are incorporated in the class.

Arthritis: This program of gentle water exercise is designed for all ages with arthritis, fibromyalgia, and related conditions, as well as any individual who wants to exercise without joint and muscle strain. The soothing warmth and buoyancy of exercising in the warm water pool will help decrease stiffness in joints, improve range of motion, and muscle endurance. Curriculum based off the Arthritis Foundation guidelines.

Deep Water Aerobics: A great class for anyone who is comfortable in deep water and needs a "no impact" class. Work aerobically while toning core muscles as you stabilize your body position in the water.

Deep Cadence Water Running: Deep Water Cadence Running is a deep-water running class that uses evidence-based, cadence-specific workouts to achieve peak athletic performance. Whether you're training for a run, recovering from an injury or prone to injuries, deep-water running is an impact-free way to engage your entire body while building up your endurance and cardiovascular conditioning. Teresa Triche, a two-time Olympic qualifier, is known for her Deep Water Cadence Running program, which has helped countless runners, soccer players, NBA players, Navy officers and Wounded Warriors veterans recover from injuries and get in the best shape of their lives. There are no pre-qualifications to participate (other than being able to swim comfortably in deep water) and flotation belts are provided by the Y.

H2O Interval: A low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tone and taper the entire body.

Silver Splash: The Silver Splash class will activate your aqua urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance.

The Splash: This high energy, high impact class has choreographed routines set to music. If you enjoy a little singing and dancing, come join in the fun! Using dumbbells and noodles for some deep end work, you'll get a great whole body work out.

Water Bootcamp: The high energy class incorporates unique water fitness equipment in a bootcamp style work out.