



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER GROUP CLASS SCHEDULE

Spring 2 Session (8 weeks)

April 10–June 4, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30–7:30a AquaNastics Water Fitness Gail	6:30–7:15a Deep Water Cadence Sue	6:30–7:30a AquaNastics Water Fitness Gail		6:30–7:30a AquaNastics Water Fitness Gail		
			7:30–8:30a Aqua Yoga Lillian		8–9a Deep Water Aerobics Gail	
10:30–11:15a Deep Water Cadence Sue		9:30–10:30a AquaZumba® Hilda	9:30–10:30a Deep Water Aerobics Kim	9:30–10:30a AquaZumba Hilda		
10:30–11:15 Aqua High Low Rebecca	10:30–11:30 AquaNastics Water Fitness Kim	10:30–11:15a Deep Water Cadence Kim	10:30–11:30 AquaNastics Water Fitness Kim	10:30–11:15a Deep Water Cadence Kim		
11:15–12:15 AquaZumba® Hilda						
		12:15–1:15p YMCA Aqua Arthritis Program Rebecca		12:15–1:15p YMCA Aqua Arthritis Program Lillian		
7:30–8:30p Deep Water Aerobics Gail						
		8:00–9:00p H2O Interval Gail		**NEW Paid Class.	Taught at Beginner Level.	Taught at Intermediate Level. Beginners are still welcome!



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WATER GROUP CLASS DESCRIPTIONS

****NEW! Deep Water Cadence 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.

AquaNastics Water Fitness: 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. All fitness levels welcome. Participants must be comfortable in deep water to participate in this class. This class is taught in the Family Pool.

Aqua Yoga: Relax and breathe deeply. Let all the stress seep out of your body, into the warm water of our training pool. In this class we will be doing basic Yoga postures which have been adapted for the water. Yoga in the pool is a great way to strengthen and stimulate your entire body, leaving you feeling relaxed and ready for your day. Non swimmers are welcome! This class is held in our warm water shallow pool.

Aqua Zumba: The Aqua Zumba program integrates the Zumba philosophy with traditional aquatic fitness. Participants will perform dance moves to a variety of rhythms for a full body aerobic workout.

Deep Water Aerobics: This class is 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.

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 tones and tapers the entire body. This class is taught in the west pool.

YMCA Aqua Arthritis Program: Based on a program developed by the Arthritis Foundation this class focuses on working out joint movement, muscle strengthening and flexibility with range of motion exercises. This class is taught in the west pool.

Aqua High Low: A fun cardio/strength training class that uses periods of time doing higher intensity cardio followed by periods of lower intensity strength training. All fitness levels welcome.
