



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Water Fitness Schedule

September 11-December 20, 2017

Four Rivers Area Family YMCA

Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water 08:00-08:45am Sandi		Deep Water 08:00-08:45am Sandi		Deep Water 08:00-08:45am Sandi		
Aqua Extreme 09:00-09:45am Sandi	Healthy Joints 09:00-09:45am Kindall	Aqua Extreme 09:00-09:45am Sandi	Healthy Joints 09:00-09:45am Kindall	Water Volleyball 09:00-11:00am Lifeguard		
Arthritis 10:00-10:45am Sandi	Aquacise 10:00-10:45am Kindall	Arthritis 10:00-10:45am Sandi	Aquacise 10:00-10:45am Kindall			
					Aqua Extreme 11:30-12:15pm Kindall	
Silver Splash 02:00-02:45pm Kindall		Silver Splash 02:00-02:45pm Kindall		Silver Splash 02:00-02:45pm Kindall		
	Aqua Extreme 06:00-06:45pm Kindall		Aqua Extreme 06:00-06:45pm Kindall			



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Descriptions

AQUA EXTREME - A high intensity class that uses all depths of the pool. Class components include vigorous cardio and strength training using water specific equipment.

AQUACISE - A total body workout using a variety of quicker paced exercises held in shallow water. This class is for any fitness level and combines light aerobic workout with muscle strengthening and flexibility. Participants may use equipment to enhance workout.

ARTHRITIS - The Arthritis Foundation/YMCA program is open to anyone with arthritis or joint problems. Participants perform a series of specially designed exercises to increase joint range-of-motion, strengthen muscles and improve endurance.

DEEP WATER - A strong cardiovascular workout that tones and firms without impact on the joints. Equipment provided. Held in the deep water.

HEALTHY JOINTS - Exercises designed to increase joint range of motion, build strength & flexibility.

SILVER SPLASH - Water exercise class that offers LOTS of fun and shallow water with moves to improve agility, flexibility and cardiovascular. No swimming ability is required.

WATER VOLLEYBALL - Pool set up for Water Volleyball. FREE to members no registration required.