

Y WATER FITNESS™

We build strong kids, strong families, strong communities.

Why Exercise in the water?

- ♥ Water provides 12 times the resistance than air.
- ♥ Beneficial to your joints
- ♥ Fun!
- ♥ Friends!
- ♥ Great pre/post surgery workout
- ♥ Great pre/post pregnancy
- ♥ The water decreases your blood pressure.
- ♥ Water increases your circulation.
- ♥ Work opposing muscle groups at the same time! – Cut the workout in half!

Effective: January 4, 2010

This ☀ is a great place to start!

Mondays:

9:45-10:30 am – Joints in Motion ☀
10:30-11:15 am – Fit & Fun

Tuesdays:

8:30-9:30 am – H2O Combo
9:45-10:30 am – Joints in Motion ☀
5:00- 5:45 pm – Wet 'n Wild *
7:00 -7:45 pm – Aqua Pump
* Belts available for deep end adventure

Wednesdays:

9:45 am-10:30 am – Silver Splash ☀
10:30-11:15 am – Fit & Fun
D Monthly Luncheon & Activities

Thursdays:

8:30-9:30 am – H2O Combo
9:45-10:30 am – Silver Splash
10:30-11:15 am – Joints in Motion ☀
5:00-5:45 pm – Wet 'n Wild *
7:00 -7:45 pm – Aqua Pump

Fridays:

10:30-11:15 am – Fit & Fun ☀

Fit & Fun: Use the resistance of the water for a challenging yet fun workout. Fun activities and Friends keep you coming back for more!

H2O Combo: A full body cardio/strength workout incorporates key fitness components to maintain and improve overall fitness.

Joints In Motion: This program is designed specifically for those who suffer from arthritis or other forms of discomfort. This beneficial, but low key class, increases flexibility and strengthens muscles.

Silver Splash: designed to enhance the quality of life and daily function by using the properties of water to enhance cardiovascular fitness, range of motion, agility, balance and coordination.

Wet 'n Wild: High energy total body conditioning may take the occasional comfortable adventure to deep end for that extra push!

Aqua Pump: In this class you will experience 45 minutes of cardio work out and muscle toning. Designed to challenge any fitness enthusiast.

No need to know how to swim and it's GREAT Cross-training!



YMCA Mission
To put Christian principles into practice through programs
that build healthy spirit, mind and body for all.

