



# East Area Family YMCA Water Fitness Schedule January 2nd-June 24th, 2012



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:25 am	<b>Aqua Blast</b> Lap Pool Mary Beth	<b>Aqua Hi/Lo**</b> Lap Pool Mark	<b>Aqua Blast</b> Lap Pool Mary	<b>Aquavals</b> Lap Pool Shelly	<b>Aqua Zumba</b> Lap Pool Patty	<b>Aqua Blast</b> Lap Pool Staff
9:30-10:25 am	<b>Aqua Blast</b> Lap Pool Shelly	<b>Deep Waves</b> Lap Pool Michele M	<b>Aqua Blast</b> Lap Pool Nadine	<b>Deep Waves</b> Lap Pool Michele M	<b>Aqua Blast</b> Lap Pool Erin	
10:00-10:45 am	<b>Arthritis**</b> Therapy Pool Val	<b>Arthritis**</b> Therapy Pool Val	<b>Arthritis**</b> Therapy Pool Linda	<b>Arthritis**</b> Therapy Pool Shelly	<b>Arthritis**</b> Therapy Pool Nadine	
10:30-11:25 am	<b>Aquavals</b> Lap Pool Shelly		<b>Deep Cardio and Core **</b> Lap Pool Mark 10:30-11:15		<b>Deep/Shallow Fusion</b> Lap Pool Erin	
11:00-11:45 am	<b>Arthritis**</b> Therapy Pool Val	<b>Forever Fit</b> Lap Pool Val  <b>Arthritis**</b> Therapy Pool Linda	<b>Arthritis**</b> Therapy Pool Erin	<b>Forever Fit</b> Lap Pool Shelly  <b>Arthritis**</b> Therapy Pool Linda	<b>Arthritis**</b> Therapy Pool Shelly	
12:00-12:45 pm	<b>Arthritis**</b> Therapy Pool Linda	<b>Arthritis**</b> Therapy Pool Val	<b>Aqua Pi Yo Chi</b> Therapy Pool Linda <b>NEW TIME</b>	<b>Arthritis**</b> Therapy Pool Erin	<b>Aqua Pi Yo Chi</b> Therapy Pool Shelly <b>NEW TIME</b>	
4:00-4:45 pm		<b>Aqua Blast</b> Lap Pool Kelly		<b>Aqua Blast</b> Lap Pool Mary		
5:15-5:45 pm						
6:00-6:55 pm	<b>Deep/Shallow Fusion</b> Lap Pool Amy	<b>Arthritis**</b> Therapy Pool Erin	<b>Aqua Zumba</b> Lap Pool Kellie	<b>Arthritis**</b> Therapy Pool Linda		

**Water Fitness Guidelines**





\*\* You must register at the YMCA Member Service Desk. The classes are 6 week sessions.


**All Arthritis Classes are 45 minutes long**


# WATER FITNESS


## Descriptions for the Water Fitness Classes


### Guide to Level of Classes :


-  Level 1 Little to no impact with easy movements.
-  Level 2 Little to no impact with harder movements.
-  Level 3 Little impact with a more strenuous workout.
-  Level 4 Little to mild impact with the most strenuous workout.


 **Aquatic Arthritis Program:** Recreation series of gentle activities in the pool. Program designed to help relieve the pain-stiffness caused by arthritis while providing a fun, social opportunity. Not necessary to know how to swim for shallow end class. Registration required 12 person limit. Diseases associated with Arthritis such as gout, osteoporosis, fibromyalgia, lupus, scleroderma, Raynaud's phenomenon, bursitis and tendonitis also benefit from this program. A health questionnaire required to participate in this program.


 **Forever Fit:** A shallow water class for the active older adult. Exercise/activities include range of motion, strengthening, balance, coordination, water walking, and low aerobic work. This class is specially designed for those wishing a low-impact water exercise workout. Develop muscle tone & flexibility without harsh pounding on your joints. Everyone works at their own pace.


 **Deep Waves:** Looking for a tough workout that doesn't impact your joints at all? Dive in and discover why deep water fitness is becoming one of the most popular workouts with Baby Boomers. Target your core, tone your total body, and enjoy a unique fitness experience.  
*A mid-section floatation belt is provided and must be worn in this class.*


 **Aqua Blast:** Churn up the white water in this challenging yet fun shallow water workout. Cardio, strength, flexibility – this class has it all. Maximize your training efforts against the resisted properties of the water and enjoy an exercise session that lessens the impact on your joints.


 **Deep/Shallow Fusion:** Mix it up and enjoy the entire pool in this combo class that combines deep & shallow water exercise. From deep water running to shallow body conditioning, this total body workout will feature non-stop, high energy water exercises. Spice up your fitness routine and splash your way to a healthier body!  
*A mid-section floatation belt is provided and must be worn in this class.*

 **Aqua Pi Yo Chi:** This class brings yoga, pilates and tai chi movements into the water for a great core class. This class will experience the inner calm, breathe and meditation in the warmth of the therapy pool.

 **Aqua Hi/Lo** Tuesdays 8:30 am-9:25 am  
Join Mark Grevelding and sweat wet in this turbo charged shallow water class that blends high & low impact water aerobics and highlights the most current aquatic exercise programming in the fitness industry. Explore the new face of aqua fitness and all the amazing benefits of training in the water.

 **Deep Cardio, Core & More** Wednesdays 10:30 am-11:15 am  
From vertical to horizontal, Mark Grevelding will take you on deep water adventure that includes deep water running, synchronized swim movements and much more. Burn up the calories and fire up the core in this high energy deep water aerobics class.  
*A mid-section floatation belt is provided and must be worn in this class.*

 **Aqua Zumba®** – Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond. Strongly recommend water bottle and water shoes.

 **Aquavals:** This class will bring your heart rate up bringing interval training into the water. In this 50 minute high energy class you will experience training sessions in shallow and deep water.