WATER EXERCISE CLASSES PUNCH CARD

All class participants must purchase a punch card to attend classes. Punch cards must be presented at the Front Desk prior to attending each class. Punch cards expire 6-months from purchase date. Lost cards are not replaced.

<table>
<thead>
<tr>
<th>Punch Card Type</th>
<th>M Cost</th>
<th>CM Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Class</td>
<td>$30</td>
<td>$51</td>
</tr>
<tr>
<td>24 Class</td>
<td>$54</td>
<td>$96</td>
</tr>
<tr>
<td>36 Class</td>
<td>$72</td>
<td>$135</td>
</tr>
</tbody>
</table>

M=YMCA Member   CM=Community Member

WATER EXERCISE CLASSES

HYDROCIZE
This class provides a mix of strength training exercises, cardio conditioning, and flexibility. Includes rebound, non-rebound, and suspended movements using resistance equipment and flotation devices.

T/TH 9:00-10:00 am with Jerell
T/TH 6:30-7:30 pm with Donna B
M/W 6:30-7:30 pm with Donna Z

DEEP WATER
This non-impact workout offers a variety of intensity levels to increase endurance as well as power, strength, and cardiovascular fitness. Held in the deep water with the aid of buoyancy equipment and aquatic aides.

M/W/F 9:30-10:30 am with Kathleen
Sat 8:30-9:30 am with Dee

AQUA PI-YO-CHI*
The new-age class introduces the strength of Pilates, the balance of Yoga, and the energy revitalization of Ai Chi and Tai Chi. The mind/body connection used in this class is an effective intervention in relieving stress, and has shown many researched medical benefits.

Tues 8:00-9:00 am with Kathleen

BOOT CAMP
Boot Camp offers a combination of drills, skills, and plyometric to improve strength and endurance.

Sat 9:30-10:30 am with Donna K

UP AND AT 'EM!
This program uses the buoyant qualities of water to enhance physical fitness through exercises and stretching. It is a low-impact water class designed to provide cardiovascular conditioning, improved muscle tone, improved flexibility, strength, and improve balance.

M/W/F 8:30-9:30 am with Kathleen
Sun 9:00-10:00 am with Anna
T/TH 6:15-7:00 am with Kathy

RUSTY HINGES
Designed for ages 55+, this class will incorporate all fitness techniques, including rebound, non-rebound, suspended moves, resistance equipment, flotation devices, and more in a mix of shallow and deep water. All fitness levels welcome.

M/W/F 10:30-11:30 am with Sherry

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WATER FITNESS AT THE Y

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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