



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WORKOUT IN THE WATER!

WATER FITNESS AT THE Y



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.

12 Class Punch Card	M \$30 / CM \$51
24 Class Punch Card	M \$54 / CM \$96
36 Class Punch Card	M \$72 / CM \$135

M=YMCA Member CM=Community Member

WATER EXERCISE CLASSES– Fall

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
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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
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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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