



**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 suspend movements using resistance equipment and floatation 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/ Sat	9:30-10:30 am 8:30-9:30 am	with Kathleen with Dee
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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/ Sun T/TH	8:30-9:30 am 9:00-10:00 am 6:15-7:00 am	with Kathleen with Anna with Kathy
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RUSTY HINGES

Designed for ages 55+, this class will incorporate all fitness techniques, including rebound, non-rebound, suspended moves, resistance equipment, floatation 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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Campanelli YMCA

Pool Schedule – Fall 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Lap Swim 5am-3:30 pm	Lap Swim 5am-3:30 pm	Lap Swim 5am-3:30 pm	Lap Swim 5am-3:30 pm	Lap Swim 5am-3:30 pm	Open at 7:00am	
6:00 am							
6:15 am							
6:30 am							
7:00 am							
7:30 am							
8:00 am	Up and At 'Em! 8:30-9:30am	PiYoChi 8-9am	Up and At 'Em! 8:30-9:30am		Up and At 'Em! 8:30-9:30am	Lap Swim 7am-9am	Lap Swim 7am-9am
8:30 am							
9:00 am	Deep Water Dynamics 9:30-10:30am	Hydrocize 9-10am	Deep Water Dynamics 9:30-10:30am	Hydrocize 9-10am	Deep Water Dynamics 9:30-10:30am	Deep Water Dynamics 8:30-9:30am	Up and At 'Em! 9-10am
9:15 am							
9:30 am							
10:00am	NO LAP LANE 9-10am						
10:30am	Rusty Hinges (55+) 10:30-11:30am		Rusty Hinges (55+) 10:30-11:30am		Rusty Hinges (55+) 10:30-11:30am	Boot Camp 9:30-10:30am	Swim Lessons (2 Lanes) 9-12:15am
11:00am							
11:30am							
12:00am	Family Swim 12pm-3pm	Family Swim 12pm-3pm	Family Swim 12pm-3pm	Family Swim 12pm-3pm	Family Swim 1:30pm-3pm	Family Swim 12:30pm-6:45pm	Family Swim 12:30pm-5:45pm
12:15am							
12:30am							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm	POOL RENTAL 3:30pm - 5:30 pm NO LAP / Family Swim						
3:30 pm							Swim Lessons (3 Lanes) 9-12:15am
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm							
5:45 pm							
6:00 pm	Swim Lessons (2 Lanes) 5:30-8:30pm	Swim Lessons (2 Lanes) 5:30-7:20pm	Swim Lessons (2 Lanes) 5:30-7:20pm	Swim Lessons (2 Lanes) 5:30-7:20pm			
6:30 pm							
6:45 pm	Hydrocize 6:30-7:30pm	Hydrocize 6:30-7:30pm	Hydrocize 6:30-7:30pm	Hydrocize 6:30-7:30pm	Swim Lessons (1 Lanes) 6:30-8:30pm		
7:00 pm							
7:15 pm							
7:30 pm	Family Swim 8:30-9:45pm	Family Swim 7:30-9:45pm	Family Swim 7:30-9:45pm	Family Swim 7:30-9:45pm			
8:00 pm							
8:30 pm							
9:00 pm	Pool Closes at 9:45pm Monday - Friday						Pool Closes 6:45pm
9:45 pm							

*Water Punch Cards are required for all water aerobics classes highlighted in gray.

PLEASE NOTE: There will be NO OPEN FAMILY SWIM during water aerobics classes.