



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

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.

Coming Back Spring 2019 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