

ADULT WATER FITNESS **Ages 12 & up**

All water fitness classes are “drop in”, no registration is necessary and free to members. Program Participants may purchase Group Fitness Punch Cards.

Fees: Free/Member
\$75/Program Participant/15 visits

AQUA FITNESS

Intermediate level class - Low impact cardiovascular workout that combines muscular strength and endurance exercises.

Location: Program Pool
Mon, Wed, Fri. 9:00-9:55am
Mon. & Wed. 7:05-7:55pm

AQUA COMBO

Advanced level class - A combination of shallow and transitional (shoulder to neck deep water) high intensity low impact cardiovascular and endurance class which includes strength, toning and stretching.

Location: Program Pool
Tues, Thur 9:00-9:55am
Tues & Thurs 6:05-6:55pm

AQUA STRIDE

Intermediate level class - Fun water walking and jogging class combined with aerobic exercises for a cardiovascular and endurance workout.

Location: Water Park Walking Channel
Tues & Thurs 10:00-10:30am

VARIETY PACK/INSTRUCTOR CHOICE

Intermediate to advance level class. Get a great workout in this mix of cardio and strength in a variety of fun formats: circuit, intervals, aqua cycle, shallow or traditional.

Location: Program Pool
Sat 9:00-9:55am



Please stop by the Welcome Center for complete schedules.

ACTIVE OLDER ADULT/LOW INTENSITY WATER WORKOUT

A low intensity exercise class for age 50 and over. The instructor will lead participants in various stretching, movement, and resistance exercises.

Location: Program Pool
Mon, Wed, Fri 11:05am-12:00pm

ARTHRITIS YMCA AQUATIC PROGRAM

Designed in partnership with the Arthritis Foundation for individuals who live with arthritis. The program provides the opportunity to do gentle joint range of motion activities, with emphasis on balance, and flexibility with a certified instructor.

Location: Program Pool
Mon, Tues, Thurs 1:00-2:00pm

DEEP WATER AEROBICS

This is a non impact high-energy class. The certified instructor will offer a variety of classes throughout the session ranging from strength and cardio to interval or circuit type formats.

Location: Outdoor Pool
Date: July 14-August 16
Tuesday 11:00-11:45am
Thursday 7:15-8:00pm

BACK TO BASICS - WATER FITNESS 101

A review of water aerobic exercises with emphasis on proper body alignment, water safety skills, using the properties of water (buoyancy and resistance) to strengthen the core stabilizers, and how to adjust your workout intensity to meet your own fitness goals.

Location: Program Pool
June 7 8:30-9:00am

Walking Channel Policy:

The walking channel will be for adult use only Mon.-Fri. 10:00-11:00am.

Please join us for our Aqua Stride class on Tue. & Thur. from 10:00-10:30 am in the Walking Channel.