

Aqua Fitness Schedule

Summer 2009

June 13th - August 23^d

Dates and times subject to change, pending pool maintenance schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquacise High 8:00 - 8:50 AM Vonda	Aqua Combo 7:15-8:00 AM Michelle	Aquacise High 8:00 - 8:50 AM Jacqui	Aqua Combo 7:15-8:00 AM Vonda		
Warm Water 9:00-9:45 AM Vonda		Warm Water 9:00-9:45 AM Jacqui		Aquacise High 8:00 - 8:50 AM Janice	
Aqua Jog 9:15-10:00 AM Amy	Aqua Combo 8:45- 10:00 AM Heather	Aqua Jog 9:15-10:00 AM Amy	Aqua Combo 8:45 - 10:00 AM Heather	Warm Water 9:00-9:45 AM Stasia	
Warm Water 12-12:45 Carol		Warm Water 1-1:45 Carol		Aqua Jog 9:15-10:00 AM Janice	Aqua Combo 9:30-10:30 Rotation
Warm Water 4-4:45 Amy		Warm Water 4-4:45 Amy			Warm Water 10:45-11:30 Rotation
Aqua Tri Combo 4:30-6:00 PM Ginny		Aqua Tri Combo 4:30-6:00 PM Ginny			
Aqua Jog 6:45-7:30 PM Shelly			Warm Water 6:45-7:30 PM Lisa	Sunday Aqua Combo 10:00 - 11:00 Warm Water 11:15-12 Rotation	
Warm Water 7:35 - 8:20 PM Shelly	Aqua Combo 7:35-8:35 PM Allison	Warm Water 7:15-8:00 PM Jean	Aqua Combo 7:35-8:35 PM Lisa		

Water Group Fitness Class Descriptions:

Adapted Warm Water Exercise: This class is designed for adults with special needs who want an overall body workout. Individuals must be able to support themselves in the water. Held in the therapy pool.

Aqua Combo: Get a complete workout with strength and cardiovascular training using resistance equipment and buoyancy belts during the workout. This workout will begin in the shallow water and move to the deep water of the lap pool.

Aqua Jog: Exciting deep-water exercise program using buoyancy belts that allow participants to fully utilize the water's natural resistance. This program includes a 30-minute cardiovascular workout followed by toning and a stretch. Held in the lap pool.

Aqua High: An aggressive, high intensity Aquatic Fitness program done in the shallow water. Focus is cardiovascular fitness, improved flexibility, muscle shaping and toning, and increased strength. Held in the lap pool.

Aqua Tri-Combo: Try Aqua Combo 3 ways – in the shallow end of the lap pool, in the deep end of the lap pool, and finish with toning in the therapy pool. The class moves into a new section of the pool with new exercises every 30 minutes, so you'll never get bored!

Arthritis Foundation YMCA Aquatic Program: This program is designed for adults as a recreational exercise program that accommodates the abilities of individuals with arthritis and other related ailments, where each person exercises at his/her own pace. The class is structured for a group setting with activities and exercises to encourage self-care, provide social interaction, improve muscular strength, endurance and flexibility, maintain independence, manage pain, and relieve symptoms of arthritis. This class is also for sedentary adults who have difficulty with everyday activities and cannot endure sustained movements.

MBA: Moving Beyond Arthritis: This class is for those who have progressed past the need for the Arthritis Foundation class but are not quite ready for a regular Warm Water Exercise Class. Registration required.

Warm Water Exercise: A complete exercise program for the individual who wants a slower paced, comprehensive program. This class will include stretching, stationary exercises, water walking, and an upper body component, as well as abdominal and leg exercises. Excellent for individuals with arthritis, fibromyalgia, joint replacements and other orthopedic concerns. Held in the therapy pool.

Teen Aqua Fitness: For ages 13-18. Get a complete workout with strength and cardiovascular training using resistance equipment and buoyancy belts during the workout. This workout will begin in the shallow water and move to the deep water of the lap pool.

Aquatic Personal Training: Aqua personal training sessions are available. Please call or see Dave Mullin for more information at 610.627.9622 ext. 1240. Please refer to Body By Y Personal Training in the brochure for prices.

All classes subject to change.

All participants must be 13 years of age or older.

All fitness levels are welcome in every class. Inform the instructor if it is your first time participating

Always consult your physician prior to starting any new exercise program.

Updated: 05/23/2009