



CORPENING MEMORIAL YMCA
Water Fitness Schedule
May 2011

Try a Water Fitness class!
You'll have so much fun; you won't even feel like you're working out.

The YMCA Water Fitness Program is based on the latest research in aquatic health. The program consists of a variety of water exercise classes to meet the needs of all ages and fitness levels, from the competitive athlete to the expecting mother. Classes include strength, cardiovascular, and flexibility exercises. Water exercise is easy-to-learn and safe, and participation in water fitness classes is a great way to get a workout that combines a superior range of motion with lower impact on the joints. The natural buoyancy of water supports joints and creates a resistant environment to work muscles. We encourage all participants to work at their own comfort level, so all of our water fitness classes can be easily adapted to each person's individual skill level. Water Fitness classes are *free* for all members of the YMCA. (Non-swimmers are welcome, but you must be comfortable in the water to participate.) **Come join in the fun!**

	MON.	TUES.	WED.	THURS.	FRI.	SAT.
6:00 AM – 7:00 AM	AM Hydro-PUMP (Louise)		AM Hydro-PUMP (Louise)		AM Hydro-PUMP (Louise)	
9:00 AM – 10:00 AM	Silver Splash (Louise)		Silver Splash (Louise)		Silver Splash (Louise)	
9:30 AM – 10:15 AM		AFYAP (Jeanette)		AFYAP (Jeanette)		Water Fitness (Cris) 9:00 - 10:00
10:00 AM – 11:00 AM	H2O Body Sculpt (Louise)		H2O Body Sculpt (Louise)		H2O Body Sculpt (Louise)	
4:15 PM – 5:15 PM	Deep H ₂ O (Cris)	New Waves (Louise)	Water Fitness (Cris)	Deep H ₂ O (Louise)	Water Fitness (Cris)	
5:15 – 6:15 PM						

**Class Descriptions on Back*

Water Fitness Class Descriptions

Water Fitness ~ Come discover what the YMCA Water Fitness Program is all about! This beginner level shallow water aerobics class is great for building strong heart and lungs, toning muscles, and increasing flexibility.

New Waves ~ This is an intermediate to advanced level shallow water class done with a variety of upper and lower body exercises specifically designed to increase both strength and endurance. An excellent total body workout!

H2O Body Sculpt ~ Tone and firm major muscle groups with this great water fitness class. Emphasis is placed on both cardiovascular and strength training moves in the water. This class combines both shallow and deep-water exercises into one super workout!

Deep H₂O ~ Looking for a challenge? This high-intensity, exhilarating workout is performed in the deep end of the pool. There is virtually no impact on the joints but lots of resistance to strengthen muscles. *Flotation belts are provided for support.*

Silver Splash ~ This 1 hour class is designed for adults who are looking for a workout and a way to meet new people. Whether you're advanced or doing exercise for the first time, this is the class for you. Silver Splash is tons of fun and a great opportunity to socialize while keeping fit!

AFYAP (Arthritis Foundation YMCA Aquatic Program) ~ The YMCA and the Arthritis Foundation have partnered to develop this unique recreational program for participants with arthritis or related diseases. This water exercise class focuses on specific joint and muscle exercises that improve range-of-motion, strength, and flexibility. AFYAP aims to help people manage symptoms, maintain independence, and enjoy life.

AM/PM Hydro-Pump ~ This is a full body water workout designed for all ages and fitness levels. This class focuses on cardiovascular and strength conditioning through a variety of exercises and training tools. A great workout for individuals at a training plateau and looking for a break-through to reaching your fitness goals!

Please direct your questions, comments, concerns to:

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The YMCA Mission
To put Christian principles into practice through programs
that build healthy spirit, mind, and body for all.