FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2016
WATER AEROBICS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM Aqua Boot Camp Jerrie	8:00AM Aqua Boot Camp Jerrie	8:00AM Hydro Fit Ginger	8:00AM Aqua Boot Camp Jerrie		9:30AM Aqua Tone Jerrie
9:00AM Aqua Tone Jerrie	9:00AM Aqua Tone Jerrie	9:00AM Water Cardio Ginger	9:00AM Aqua Tone Jerrie	9:00AM Water Workout Jerrie	
10:00AM Aqua Lite Ginger		10:00AM H20 Tone Ginger		10:00AM Deep Sweat Ginger	

Class Descriptions	
Aqua Boot Camp	Low to high intensity. Beginners, intermediate, and advanced. Light to moderate cardio is used for heart and lung conditioning. Complete body and muscle toning. Aquatic exercise equipment is used for resistance and buoyancy. Belts are used.
Aqua Tone	High intensity aerobics that can be modified for a light to moderate workout. This class is for intermediate to advanced and for beginners that would like a challenge. Emphasis on cardio, strengthening, and toning the entire body. Aquatic exercise equipment is used for resistance and buoyancy. Aqua steps are optional.
Hydro Fit	This class varies from a cardio workout in the lap pool using buoyancy equipment to shallow water using buoyant aquatic environment to help tone your upper and lower body as well as improve your core
Water Cardio	This class provides a vigorous workout that combines a longer cardio segment with strength and flexibility training at the end.
H20 Tone	A low-impact body sculpting class, using the resistance of the water. This class works on strengthening the core muscles while developing muscle tone, endurance and flexibility. The class is beneficial for a wide range of ages and physical levels.
Water Workout	Low to high intensity workout. This class is designed for intermediate to advanced. This class is designed for cardio conditioning. Exercises can be modified for low to high impact. All muscle groups are used with emphasis on the abdominal muscles.
Aqua Lite	Geared towards seniors. Low impact water workout using the water resistance.
Deep Sweat	A non-impact exercise in deep water with the assistance of a flotation belt. Uses resistance equipment to strengthen the entire body.

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