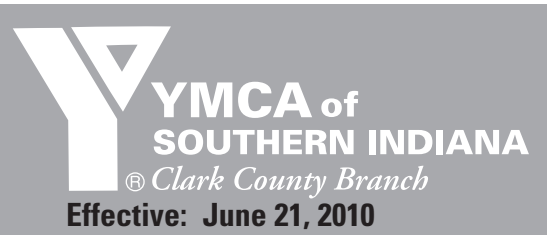




Water Fitness Schedule



INSTRUCTIONAL POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Intervals 5:45 a.m.-6:30 a.m. Patricia	Aqua Fit Plus 5:45 a.m.-6:30 a.m. Debbie	Aqua Intervals 5:45 a.m.-6:30 a.m. Patricia	Aqua Fit Plus 5:45 a.m.-6:30 a.m. Debbie	Aqua Intervals 5:45 a.m.-6:30 a.m. Patricia		
Aqua Fit 7:00 a.m.-7:50 a.m. Teresa	Aqua Fit 7:00 a.m.-7:50 a.m. Teresa	Aqua Fit 7:00 a.m.-7:50 a.m. Teresa	Aqua Fit 7:00 a.m.-7:50 a.m. Teresa	Aqua Fit 7:00 a.m.-7:50 a.m. Teresa		
Aqua Fit Plus 8:00 a.m.-8:50 a.m. Sara/Kathy	Aqua Fit 8:00 a.m.-8:50 a.m. Ben	Aqua Fit Plus 8:00 a.m.-8:50 a.m. Sara/Kathy	Aqua Fit 8:00 a.m.-8:50 a.m. Ben	Aqua Fit Plus 8:00 a.m.-8:50 a.m. Sara/Kathy	Aqua Fit Plus 8:10 a.m.-9:00 a.m. Jenn	Aqua Jog 8:10 a.m.-9:10 a.m. Lauren
Aqua Fit Plus 10:00 a.m.-10:50 a.m. Gwen	Aqua Fit 10:00 a.m.-10:50 a.m. Gwen	Aqua Fit Plus 10:00 a.m.-10:50 a.m. Gwen	Aqua Fit 10:00 a.m.-10:50 a.m. Gwen	Aqua Fit Plus 10:00 a.m.-10:50 a.m. Gwen	Aqua Fit 9:05 a.m.-9:55 a.m. Lisa	
Aqua Travel 5:00 p.m.-5:50 p.m. Lisa	Aqua Intervals 5:00 p.m.-5:50 p.m. Lisa	Aqua Travel 5:00 p.m.-5:50 p.m. Lisa	Aqua Intervals 5:00 p.m.-5:50 p.m. Lisa			
Aqua Intervals 7:00 p.m.-7:50 p.m. Julie	Aqua Kick 7:00 p.m.-7:50 p.m. Jenn	Aqua Intervals 7:00 p.m.-7:50 p.m. Julie	Aqua Kick 7:00 p.m.-7:50 p.m. Jenn			

All classes are dependent upon enrollment and may be cancelled if there is a lack in attendance.

THERAPY POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tai-Chi 8:00 a.m.-8:50 a.m. JoAnn		Tai-Chi 8:00 a.m.-8:50 a.m. JoAnn		Tai-Chi 8:00 a.m.-8:50 a.m. JoAnn		
Silver Splash 9:00 a.m.-9:50 a.m. JoAnn	Arthritis 9:00 a.m.-9:50 a.m. Gwen	Silver Splash 9:00 a.m.-9:50 a.m. JoAnn	Arthritis 9:00 a.m.-9:50 a.m. Gwen	Silver Splash 9:00 a.m.-9:50 a.m. JoAnn		
Water Pilates 12:00 p.m.-12:50 p.m. Nancy		Water Pilates 12:00 p.m.-12:50 p.m. Nancy		Water Pilates 12:00 p.m.-12:50 p.m. Nancy		
	Water Power 4:00 p.m.-4:50 p.m. Julia		Water Power 4:00 p.m.-4:50 p.m. Julia			
AOA 5:00 p.m.-5:50 p.m. Jan	Low Impact 5:00 p.m.-5:50 p.m. Donna	AOA 5:00 p.m.-5:50 p.m. Jan	Low Impact 5:00 p.m.-5:50 p.m. Donna	AOA 5:00 p.m.-5:50 p.m. Lauren		



Y AQUATICS™

Water Fitness Classes

AOA - Active Older Adults:

A low impact class consisting of cardiovascular fitness, muscle strengthening and flexibility. An excellent class for older adults and beginners. (B/I)

Aqua Fit:

Consists of cardiovascular fitness, muscle tone, endurance and flexibility without the stress of a traditional land exercise. (B/I/A)

Aqua Fit Plus:

More intense cardiovascular exercise class that utilizes barbells, buoyancy equipment and resistance equipment for a challenging aerobic workout. (I/A)

Aqua Intervals:

A intermediate/high level aqua class with a 5 minute warm-up and cool down then 35 minutes of intense cardio. (I/A)

Aqua Jog:

A high intensity class that incorporates interval water jogging and core strengthening. (I/A)

Aqua Kick:

Dry land kick boxing movements integrated into the water for increased resistance making an intense toning and strength building workout. (B/I)

Aqua Travel:

Same as Aqua Fit, while traveling the entire class. (B/I/A)

Arthritis:

This class is designed to improve strength, endurance, flexibility, daily function and joint range of motion, as well as to decrease pain. (B/I)

Low Impact:

A class consisting of cardiovascular fitness, muscle strengthening and flexibility. Class is centered on slow movements to improve joint and muscle flexibility. (B/I)

Silver Splash:

Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and special SilverSneakers kickboard is used to develop strength, balance and coordination. (B/I/A)

Tai Chi:

The slow movement of this ancient chinese martial art integrates power and grace while improving strength, flexibility, balance and well being. (B/I/A)

Water Pilates:

Appeals to all ages and fitness levels. Develop strength and flexibility with fluidity and grace. Focus on breathing for exercise and energy enhancement. Improve posture and body awareness. (B/I/A)

Water Power:

This class is held in the warm therapy pool using water and equipment to provide resistance to movement. (B/I/A)

B - Beginner

I - Intermediate

A - Advanced

All Water Fitness classes are ongoing!

It is not necessary to know how to swim to participate in Water Fitness Classes.

Classes are co-ed ages 14 and older. All classes are free to facility members.



YMCA of SOUTHERN INDIANA

© Clark County Branch

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