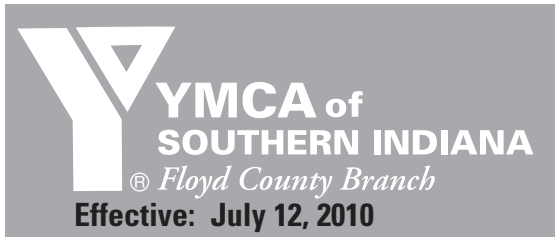




Water Fitness Schedule



INSTRUCTIONAL POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Fit Plus 5:45 a.m.-6:35 a.m. Kim		Aqua Fit Plus 5:45 a.m.-6:35 a.m. Kim		Aqua Fit Plus 5:45 a.m.-6:35 a.m. Kim		
Aqua Fit Plus 8:00 a.m.-8:50 a.m. Nancy		Aqua Fit Plus 8:00 a.m.-8:50 a.m. Nancy		Aqua Fit Plus 8:00 a.m.-8:50 a.m. Nancy		
Aqua Fit 11:00 a.m.-11:50 a.m. Ric	Aqua Fit 12:00 p.m.-12:50 p.m. Scott	Aqua Fit 11:00 a.m.-11:50 a.m. Ric	Aqua Fit 12:00 p.m.-12:50 p.m. Scott	Aqua Fit 11:00 a.m.-11:50 a.m. Ric	Aqua Fit Plus 9:30 a.m.-10:20 a.m. Nancy/Kim	
Aqua Fit Plus 5:10 p.m.-6:00 p.m. Laura	Touch n' Tread 5:00 p.m.-5:50 p.m. Kim	Aqua Fit Plus 5:10 p.m.-6:00 p.m. Laura	Touch n' Tread 5:00 p.m.-5:50 p.m. Shelby			
Deep Water 6:10 p.m.-7:00 p.m. Shelby		Deep Water 6:10 p.m.-7:00 p.m. Shelby				

Note: No shoes are allowed on the pool deck. Bare feet only.

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. Nancy		Tai-Chi 8:00 a.m.-8:50 a.m. Nancy			
Arthritis* 9:00 a.m.-9:50 a.m. Pat	Active Older Adults 9:00 a.m.-9:50 a.m. Kim	Arthritis* 9:00 a.m.-9:50 a.m. Nancy	Active Older Adults 9:00 a.m.-9:50 a.m. Lisa	Arthritis* 9:00 a.m.-9:50 a.m. Pat	Active Older Adults 9:00 a.m.-9:50 a.m. Jill	
Water Pilates 10:00 a.m.-10:50 a.m. Jill	Water Pilates 10:00 a.m.-10:50 a.m. Kim	Water Pilates 10:00 a.m.-10:50 a.m. Moirra	Water Pilates 10:00 a.m.-10:50 a.m. Lisa	Water Pilates 10:00 a.m.-10:50 a.m. Jill		
Active Older Adults 11:00 a.m.-11:50 a.m. Jill		Active Older Adults 11:00 a.m.-11:50 a.m. Moirra		Active Older Adults 11:00 a.m.-11:50 a.m. Jill		
Water Pilates 5:00 p.m.-5:50 p.m. Aleasha	Arthritis* 6:00 p.m.-6:50 p.m. Pat	Water Pilates 5:00 p.m.-5:50 p.m. Aleasha	Arthritis* 6:00 p.m.-6:50 p.m. Pat	Water Pilates 5:00 p.m.-5:50 p.m. Aleasha		
Active Older Adults 7:00 p.m.-7:50 p.m. Mary	Low Impact 7:00 p.m.-7:50 p.m. Mary	Active Older Adults 7:00 p.m.-7:50 p.m. Mary	Low Impact 7:00 p.m.-7:50 p.m. Mary			Active Older Adults 12:00 p.m.-12:50 p.m. Mary

* Arthritis = Arthritis Foundation Aquatic Program



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 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:

An intermediate to high level aqua class with a 10 minute warmup and a 5 minute 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)

Arthritis Foundation Aquatic Program:

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

Deep Water:

An intense deep water class that incorporates cardiovascular fitness, core strengthening, and toning. Participants do not have to be able to swim to participate in the class. Floatation equipment will be provided. (I/A)

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)

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)

Touch n' Tread:

An aquatic class that offers cardiovascular fitness training in shallow water, intermediate levels of water, and deep water, all in one class. Floatation equipment will be provided. (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)

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.



Y **YMCA of SOUTHERN INDIANA**
® Floyd County Branch

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