



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **BETTER TOGETHER**

### **Aquatic Fitness**



**Aqua Jogging** This is a medium to high intensity deep water workout using floatation belts.  
**M/W/F 6:30-7:30AM**

**Aquatic Tai Chi** Improve balance, range of motion, coordination, flexibility, and strength. Also reduces stress and tension  
**T/Th 6:15AM**

**Early Bird** Paced for beginning to intermediate levels. This invigorating class is a great way to start the day.  
**M/W/F 7-8AM**

**Aquatic Fitness** This is a medium to high intensity class that improves flexibility, muscle tone and endurance.  
**M/W/F 8-9AM T/TH 5-6PM**  
**M/W/F 6-7PM**

**Fitness For All** Improved flexibility and muscle toning/conditioning are emphasized in these classes.  
**M/W/F 9-10AM T/TH 10:30-11:30AM**

**Water Boot Camp** High intensity deep water workout. Get your blood moving in this early morning class that will challenge you to new levels of fitness in the water!  
**M/W/F 5AM-6AM T/TH 5-6AM**  
**M/W/F 8:30AM-9:30AM**

**Water Wellness** These classes are designed for people who have physical restrictions. It is an ideal opportunity for those suffering from arthritis or recovering from injury or surgery.  
**M/W/F 10:30-11:30AM T/TH 9-10AM**

**Water Walking (Stroke Recovery)** This is a shallow water workout with minimal stress on joints. This class is excellent for people who need to take it slowly or are recovering from stroke, working on flexibility and strength.  
**M/W/F 8-8:30AM T/TH 8:30-9AM**  
**M/W/F 11:30-Noon T/TH 10-10:30AM**

**All aquatic classes are FREE to YMCA members**

## **Grants Pass Family YMCA**

1000 Redwood Ave PO Box 5439 Grants Pass OR 97527 541-474-0001 [www.grantspassymca.org](http://www.grantspassymca.org)