



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

## AQUATIC FITNESS CLASSES



**Early Bird Paced** for beginning to intermediate levels. This invigorating class is a great way to start the day.

**M/W/F 7-8 AM**

**Aqua Jogging** This is a medium to high intensity deep water workout using floatation belts.

**M/W/F 6:30-7:30 AM**

**Aquatic Fitness** This is a medium to high intensity class that improves flexibility, muscle tone and endurance.

**M/W/F 8-9 AM T/TH 5-6 PM**

**M/W/F 6-7 PM**

**Fitness For All** Improved flexibility and muscle toning/conditioning are emphasized in these classes.

**M/W/F 9-10 AM T/TH 10:30-11:30 AM**

**Wet Guts and Butts** A medium to high intensity shallow water workout with Lisa Hannan. Get those guts and butts into shape fast with this awesome new workout.

**TU/TH 6-7 PM**

**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 8:30AM-9:30AM T/TH 5-6 AM**

**M/W/F 9:30AM-10:30AM**

**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 10:30-11:30 AM T/TH 9-10 AM**

**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 8:00—8:30 AM T/TH 8:30—9:00 AM**

**M/W/F 11:30—Noon T/TH 10—10:30 AM**

All aquatic classes are FREE to YMCA members