



Summer!! Water Fitness Classes

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
SUNDAY	1:30-2:30pm	Water Combo	rotation
MONDAY	*8:45-9:30	Water Cardio Conditioning (outside**)	Hege
	*9:30-10:15	Water Pilates (outside)	Hege
	*9:30-10:15	●Water Stretch & Flex	Carla
	6:15-7:00	●Water Stretch & Fibro	Sally
	7:00-8:00	Deep Water Fitness	Linda M
TUESDAY	6:00-7:30am	Masters Swim*	Coach
	*8:30-9:15am	Aqua Zumba (outside)	Maribel
	8:30-9:15	Deep Water	Linda/Susan
	*9:15-10:00	●Water Stretch & Flex/Fibro/Prenatal	Rebecca
	*12:00-1:00pm	Senior Water Fitness	Hege
	6:15-7:15	Water Fitness	Linda M
	7:15-8:15	Deep Water Fitness/Sculpt	Hilary
WEDNESDAY	*8:45-9:30am	Water Drills w/ Noodle (outside)	Hege
	*9:30-10:15	Water Pilates/Yoga (outside)	Hege
	*9:30-10:15	●Water Stretch & Flex	Linda P
	5:30-6:15	Aqua Zumba	Maribel
	6:15-7:00	Water 20/20	Pascale
THURSDAY	6:00-7:30am	Masters Swim*	Coach
	8:30-9:15	Deep Water Fitness	Linda P
	*9:15-10:00	●Water Stretch & Flex	Linda P
	*9:15-10:00	●Fibro Fit/Pre-Natal	Rebecca
	*12:00-1:00pm	Sr. Water Fitness	Sally/Hege
	6:30-7:30	Water Cardio Condition-Bike-optional	Sherry
FRIDAY	*9:15-10:00	Aqua Zumba!!! NEW CLASS(outside)	Toni
	*10:00-10:45	Water Pilates	Susan
	*10:00-10:45	●Water Stretch and Flex	Linda P
	6:15-7:00	Water 20/20	Pascale
SATURDAY	8:00-9:00am	Water Fitness	Lisa G/Hege

*indicates new time or new class

** Outside pool classes, weather permitting, begin week of June 7

●These classes are open to program members
Childcare Hours: Mon-Thurs, 8:30am-1:15pm 3:30-8:00 pm
 Fri 8:15am-1:15pm, 4:15-8:00 pm
 Sat 8:00am-1:15pm, Sun 1:00-4:00
 * No child care is available.

For Information Regarding our Water Fitness
 Classes, please contact
 Hege Farnsworth – Water Fitness Coordinator
hegef@ymcaatlanta.org
 770-663-3539

Summer

WATER FITNESS CLASS DESCRIPTIONS

AQUA ZUMBA - Aqua Zumba brings the flavor into the pool. The Zumba formula and fusion of Latin and International Rhythm is what makes it fun. So, jump into the pool and see what all the SPLASHING is about.

PRENATAL WATER COMBO - A moderate aerobic workout in shallow and deep water with a strengthening segment. Comfort in deep water is a must. **ATTENDEES DO NOT HAVE TO BE PREGNANT TO PARTICIPATE.**

SENIOR WATER FITNESS - A moderate aerobic segment, upper and lower body exercises utilizing various equipment. Extended warm-down phase for extra flexibility and stretching perfect for ALL ages. Swim ability preferable.

WATER CARDIO CONDITIONING - A high intensity, fast paced cardiovascular workout combining deep water drills and shallow water aerobics. An extended aerobic set for cardio conditioning and a strength training segment give you a super workout in the water! Participants use a wide variety of equipment. Swim ability preferable with a comfort level in deep water a must

WATER COMBO - A combination of shallow and deep water aerobics utilizing flotation belts. Participants must have a comfort level in the deep water.

WATER CYCLE (HYDRO-RIDER) - Stainless steel cycles are used in circuit or intervals in noted classes. Water shoes required. **Cycles may only be used in classes.**

WATER-DEEP WATER FITNESS/DRILLS - A no impact deep water workout with flotation belts utilizing large range motion movements, drills, sprints & resistance equipment.

● **WATER-FIBRO FIT** - Ongoing classes for members or program members. A moderate aerobic program designed for persons with fibromyalgia as well as those who want an interval workout. This class may help improve stamina and muscle strength. It may also relieve pain and stiffness. Most of this class is held in the deep water, see above deep water description.

WATER FITNESS - A variable intensity cardiovascular workout with a strength training segment utilizing a variety of water fitness tools, including hand buoys, noodles, water gloves, water wrist weights, floats and kick-boards. Swim ability preferable.

WATER PILATES & YOGA—Pilates & Yoga moves are modified to effectively use the properties of the water to strengthen the powerhouse, elongate and strengthen muscles, improve posture and balance. Focus is on core muscle stability. Comfort level in deep water a must.

● **WATER STRETCH & FLEX** - Ongoing classes for members or program members, seeking to improve or enhance flexibility, strength, range of motion, balance and endurance. Ideal for those suffering from Arthritis

WATER 20/20 - 20 minutes of Cardio conditioning/20 minutes of Pilates and Yoga

INDICATES—OPEN TO PROGRAM MEMBERS

All Group Fitness Classes- land and water are free to YMCA members. Children ages 9-12 may attend all classes with a parent or guardian.