



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

All of our Water Aerobics, Active Older Adult and Group Exercise Classes are free with a Y membership. No need to sign-up.

# WINTER 1 WATER AEROBICS SCHEDULE

## JANUARY 7 – FEBRUARY 17

### MONDAY

Time	Class	Pool
7:30-8:30 a.m.	Movers & Groovers	LP
8:30-9:30 a.m.	Aqua Fit	WW
9:30-10:30 a.m.	Water Works	WW
9:30-10:30 a.m.	Tone & Fit	LP
10:30-11:30 a.m.	Women in Action	WW
10:30-11:00 a.m.	Aqua Abs	LP

### TUESDAY

8:30-9:30 a.m.	Joyful Joints	WW
6:00-7:00 p.m.	Deep Water Aerobics	LP

### WEDNESDAY

7:30-8:30 a.m.	Movers & Groovers	LP
8:30-9:30 a.m.	Aqua Fit	WW
9:30-10:30 a.m.	Water Works	WW
9:30-10:30 a.m.	Tone & Fit	LP
10:30-11:30 a.m.	Women in Action	WW
10:30-11:00 a.m.	Aqua Abs	LP
5:00-6:00 p.m.	Aqua Fit	WW

### THURSDAY

8:30-9:30 a.m.	Joyful Joints	WW
9:30-10:30 a.m.	Water Motion	WW
6:00-7:00 p.m.	Deep Water Aerobics	LP

### FRIDAY

7:30-8:30 a.m.	Movers & Groovers	LP
8:30-9:30 a.m.	Aqua Fit	WW
9:30-10:30 a.m.	Water Works	WW
9:30-10:30 a.m.	Tone & Fit	LP
10:30-11:30 a.m.	Women in Action	WW
10:30-11:00 a.m.	Aqua Abs	LP

#### Pool Locations

- LP YMCA's Lap Pool
- WW YMCA's Warm Water Pool

**LOW IMPACT, HIGH RESULTS Water Aerobics** While building relationships, you will actively participate in low-impact cardio exercise good for both your heart and your mind. Together, with the rest of the class, you will achieve results you can see. Join us in the pool and increase your joint flexibility, improve your circulation, burn calories, strengthen your muscles and have fun.

#### BEGINNER FITNESS LEVEL

**Joyful Joints** Focus is on alleviating pain, improving range of motion and assisting in pain management. Warm Water Pool.

**Water Works** Activate your aqua urge for variety! This class offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special kickboard is used to develop strength, balance and coordination. Formerly Silver Splash. Warm Water Pool.

**Water Motion Class** Using the freedom water can provide, a trained instructor will lead participants in a variety of activities to get those with special needs and their caregiver in motion. (Ages 13 and up). Warm Water Pool.

**Women in Action** Helps to limber joints, tone muscles and burn calories without stress on the joints. All levels of fitness can be accommodated. Warm Water Pool.

#### MEDIUM FITNESS LEVEL

**Aqua Fit** A wake up call for the mind and body, an interval training workout combining cardio and muscle toning. Warm Water Pool.

**Movers and Groovers** A fun way to better health and fitness. This class includes aerobics, strengthening, toning and core development. Uplifting conversation and fellowship included at no extra charge! Lap Pool.

#### VARYING FITNESS LEVELS

**Aqua Abs** Use the weightlessness of water to your advantage. Get a workout centered on your core. Minimal swimming skills are needed. Lap Pool.

**Deep Water Aerobics** A workout adaptable for all fitness levels that uses fun and intense combos in a high-impact workout in the deep section of the pool. A great class for anyone who has joint problems and is interested in a workout. Flotation belts and water weights are provided for this aerobic and muscle-toning water class. Lap Pool.

**Tone & Fit** A low-impact body sculpting class, using the resistance of the water. This class works on strengthening the core muscles while developing muscle tone, endurance and flexibility. The class is beneficial for a wide range of ages and physical levels. Come be a part of a supportive, encouraging group and experience the positive enhancements of this class. Lap Pool.