


# YWATER FITNESS™

## Great Bridge/Hickory Family YMCA Water Exercise Schedule

## FALL 2010

effective September 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:00am AquaFit	8:00 - 9:00am Aqua Jog	8:00 - 9:00am AquaFit	8:00 - 9:00am Winning by Finning	8:00 - 9:00am AquaFit	8:00 - 9:00am Gentle Progressive Aquatics
9:00 - 9:45am Gentle Progressive Aquatics	9:00 - 9:45am Gentle Progressive Aquatics	9:00 - 9:45am Gentle Progressive Aquatics	9:00 - 9:45am Gentle Progressive Aquatics	9:00 - 9:45am Gentle Progressive Aquatics	9:00 - 10:00am AquaFit
10:00 - 11:00am AquaFit	10:00 - 11:00am AquaFit	10:00 - 11:00am Latin Splash	10:00 - 11:00am AquaFit	10:00 - 11:00am AquaFit	
11:15 - 12noon Winning by Finning	11:00 - 11:30am Power Abs	11:15 - 12noon Winning by Finning	11:00 - 11:30am Power Abs	11:15 - 12noon Winning by Finning	
12noon - 1:00pm Gentle Progressive Aquatics	12noon - 1:00pm Aqua Combo	12noon - 1:00pm Gentle Progressive Aquatics	12noon - 1:00pm Aqua Combo	12noon - 1:00pm Gentle Progressive Aquatics	
	<b>NEW!</b> 4:00 - 4:45pm Water Waves			4:00 - 4:45pm Water Waves	
5:30 - 6:30pm AquaFit	5:30 - 6:30pm AquaFit	5:30 - 6:15pm Winning by Finning	5:30 - 6:30pm AquaFit	5:30 - 6:15pm Winning by Finning	

### CLASSES DESCRIPTIONS

#### Aqua Combo

- Get the benefits of strength training along with range of motion exercises.
- Train in the water to enhance mobility necessary for performing daily activities.

#### AquaFit

- Challenging aerobic water workout with options for all intensity levels.
- Held in the lap pool.
- Includes muscular, endurance and flexibility training.

#### AquaJog

- Condition the upper and lower body in a deep water aerobic workout.
- Increase cardio, strength and endurance in deep water while wearing a flotation belt.

#### Gentle Progressive Aquatics

- Class based on the principles of the Arthritis Foundation.
- Uses the water to improve joint flexibility and muscle strength.
- Held in the heated therapeutic pool.

#### Latin Splash

- If you like Zumba, you'll love Latin Splash!
- Cardiovascular workout in the water that uses Latin-inspired dance moves set to international music.

#### Power Abs

- Exercises focus on strengthening the core muscles utilizing the great properties of the water.
- Uses water-specific equipment.

#### Water Waves

- Make a splash and "sea" how much fun water can be!
- Medium intensity water aerobics designed specifically for ages 10 - 15
- Parents can join their child in the water.

#### Winning by Finning

- A high cardio total body workout! Swim laps using fins and hand gloves.

*All classes  
are taught  
by certified  
instructors.*

updated 8-30-2010