



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE SCHEDULE

GREAT BRIDGE/HICKORY FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:00am AQUAFIT Lap Pool	8:00 - 9:00am AQUA JOG Lap Pool	8:00 - 9:00am AQUAFIT Lap Pool	8:00 - 9:00am WINNING by FINNING Lap Pool	8:00 - 9:00am AQUAFIT Lap Pool	8:15 - 9:00am GENTLE PROGRESSIVE AQUATICS Therapy Pool
9:00 - 9:45am GENTLE PROGRESSIVE AQUATICS Therapy Pool	9:00 - 9:45am GENTLE PROGRESSIVE AQUATICS Therapy Pool	9:00 - 9:45am GENTLE PROGRESSIVE AQUATICS Therapy Pool	9:00 - 9:45am GENTLE PROGRESSIVE AQUATICS Therapy Pool	9:00 - 9:45am GENTLE PROGRESSIVE AQUATICS Therapy Pool	9:00 - 10:00am INSTRUCTOR'S CHOICE Lap Pool
10:00 - 11:00am AQUAFIT Lap Pool	10:00 - 11:00am AQUAFIT Lap Pool	10:00 - 11:00am LATIN SPLASH Lap Pool	10:00 - 11:00am AQUAFIT Lap Pool	10:00 - 11:00am AQUAFIT Lap Pool	ALL CLASSES ARE TAUGHT BY CERTIFIED INSTRUCTORS
11:00 - 12noon WINNING by FINNING Lap Pool	11:00 - 11:30am POWER ABS Lap Pool	11:00 - 12noon WINNING by FINNING Lap Pool	11:00 - 11:30am POWER ABS Lap Pool	11:00 - 12noon WINNING by FINNING Lap Pool	
12noon - 12:45pm GENTLE PROGRESSIVE AQUATICS Therapy Pool	12noon - 12:45pm AQUA COMBO Therapy Pool	12noon - 12:45pm GENTLE PROGRESSIVE AQUATICS Therapy Pool	12noon - 12:45pm AQUA COMBO Therapy Pool	12noon - 12:45pm GENTLE PROGRESSIVE AQUATICS Therapy Pool	
5:30 - 6:30pm AQUAFIT Lap Pool	5:30 - 6:30pm AQUAFIT Lap Pool	5:30 - 6:30pm WINNING by FINNING Lap Pool	5:30 - 6:30pm LATIN SPLASH Lap Pool	5:30 - 6:30pm WINNING by FINNING Lap Pool	updated 3-23-2012 - schedule is subject to change -

CLASS 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

Challenge yourself aerobically with options for all intensity levels. Class Includes muscular, endurance and flexibility training and is held in the lap pool.

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

This class is based on the principles of the Arthritis Foundation and uses the water to improve joint flexibility and muscle strength in the heated therapeutic pool.

Latin Splash

If you like Zumba, you'll love Latin Splash! Have fun with this 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. Class participants use water-specific equipment.

Winning by Finning

This is a high cardio total body workout in which participants swim laps using fins and hand gloves.