



YMCA South Hampton Roads
Serving Coastal Virginia and Northeastern North Carolina

Greenbrier Family YMCA

May 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early AM	8:00am-9:00am AQUAFIT Shallow Water	8:00am-9:00am AQUAFIT Shallow water	8:00am-9:00am AQUAFIT Shallow Water	8:00am-9:00am AQUAFIT Shallow Water	8:00am-9:00am AQUAFIT Shallow Water	8:05am-9:05am AQUAJOG Deep Water
AM	9:00am-10:00am AQUAJOG Deep Water	9:00am-10:00am STARTER AQUA JOG Deep Water	9:00am-10:00am AQUAJOG Deep Water	9:00am-10:00am STARTER AQUA JOG Deep Water	9:00am-10:00am AQUAJOG Deep Water	
	10:00am-11:00am AQUATIC ARTHRITIS Shallow Water	10:15am-11:00am FINNING Deep Water	10:00am-11:00am AQUATIC ARTHRITIS Shallow Water	10:15am-11:00am FINNING Deep Water	10:00am-11:00am AQUATIC ARTHRITIS Shallow Water	
Lunch	11:30am-12:30pm STARTER WATERFIT Deep/Shallow Water	11:15am-12:15pm AQUATIC ARTHRITIS Shallow Water	11:30am-12:30pm STARTER WATERFIT Deep/Shallow Water	11:15am-12:15pm AQUATIC ARTHRITIS Shallow Water	11:30am-12:30pm STARTER WATERFIT Deep/Shallow Water	
	12:30pm-1:15pm FINNING Deep/Shallow Water		12:30pm-1:15pm FINNING Deep/Shallow Water			
PM	5:30pm-6:30pm AQUAJOG Deep Water	5:30pm-6:15pm STARTER AQUA JOG Deep Water	5:30pm-6:30pm AQUAJOG Deep Water	5:30pm-6:15pm H.I.I.T. Deep Water		

Class Descriptions

- STARTER WATERFIT** This beginner friendly class combines shallow water conditioning with resistance and deep water movement with a flotation belt.
- STARTER AQUAJOG** This beginner friendly class conditions the upper and lower body in deep water with a flotation belt.
- AQUAJOG** A popular class to challenge the upper and lower body while conditioning and toning at the same time. Need to be comfortable in deep water while wearing a flotation belt.
- AQUAFIT** A challenging aerobic water workout. Use of equipment and resistance that enhances conditioning and toning throughout the class. You do not have to be able to swim to benefit from this class.
- AQUATIC ARTHRITIS** This class is taught using Arthritis Foundation's guidelines. The water's natural buoyancy and continuous resistance improves joint flexibility and muscle strength. Class is low impact and is held in the shallow end of the pool.
- FINNING** This class uses the full length of the pool to burn calories and tone muscles. Fins create resistance against the water, creating more load on the major muscles which increases heart rate and burns more calories. Use of equipment and resistance will enhance conditioning and toning. You will need to be comfortable in the deep water.
- H.I.I.T.** This high-intensity interval training involves brief bouts of near-exhaustion intervals interspersed with lower-intensity activity. Resistance equipment will be used to maximize cardio, conditioning and toning.

GREENBRIER FAMILY YMCA ~ 1033 GREENBRIER PKWY, CHESAPEAKE, VA 23320 ~ 757-547-9622

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.