

YWATER FITNESS™

We build strong kids, strong families, strong communities.

Water Aerobics Class Schedule

March 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.	Shallow Water Deidre	Deep Water Deidre	Shallow Water Alice	Deep Water Patti	Shallow Water Patti	
10:30 a.m.		Senior Social 3/25 Senior Pot Luck 3/24 Details at Member Services				Shallow Water Kathy
4:30 p.m.	Shallow Water Vivian		Shallow Water Patti	Personalized Orientation Program Learn to use the equipment in the Fitness Center. Make an appointment at the Member Services Desk or in the Fitness Center. FREE!		

Water Aerobics consists of large rhythmic movements done in water to increase heart rate and improve cardiovascular fitness. The resistance of the water adds toning and strengthening to major muscles groups. No swimming skills are required. Bring water and sun protection.

- **Shallow Water Classes** are done in water about chest level. While the water decreases impact to the joints, there is bouncing and jumping in the class.
- **Deep Water Classes** are done in deep water where feet will not touch the bottom. Floating devices such as "noodles" are used for flotation assistance. While the water provides resistance for toning muscles, there is no impact from bouncing or jumping.

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