



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP CLASSES: WATER

GREATER NAPLES YMCA POOL

Water Group Exercise Class Schedule:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2012	9:00 am Shallow Water Aerobics Kate	9:00 am Deep Water Aerobics Deidre	9:00 am Shallow Water Aerobics Marina	9:00 am Deep Water Aerobics Ali	9:00 am Shallow Water Aerobics	
NEW! Deep Water Aerobics on Mondays! Yes, the pool is heated for our cooler winter months! Join us for any of our unique water workouts!	9:00 am Deep Water Aerobics Deidre					10:30 am Yoga Infused Water Aerobics Kathy (75 min)
Rather not be in the water? See any of our fitness staff to arrange a free orientation in the Fitness Center.	12:30 Fitness Swim Amy (75 min)		12:30 Fitness Swim Amy (75 min)			
Helpful Tips: <ul style="list-style-type: none"> Please bring water and sun protection. 	5:30 Water Warrior Workout Kate		5:30 Water Warrior Workout Kate	5:30 Fitness Swim Amy (75 min)		
Questions? <ul style="list-style-type: none"> Please ask any Y staff member – we’re here to help, whether it’s directions to our aerobics studio or class suggestions, just ask! Send an e-mail to fitness@ymcapalms.org 						

YMCA OF THE PALMS

5450 YMCA Rd, Naples, FL 34109

P 239 597 3148 F 239 597 8415 W www.ymcapalms.org



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Class Descriptions:

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.

- **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.

Yoga Infused Water Aerobics – A water aerobics class that incorporates yoga principles and postures into the workout. You'll get plenty of large movements to get an aerobic workout, with a mix of yoga to stretch the muscles and calm the soul.

Water Warrior - Challenging workout for those who desire a boot camp style workout but prefer the water. Some exercises are done on the pool deck. Participants should be able to do squats and pushups.

Fitness Swim – Workout begins with a warm up followed by endurance swimming which varies from 1200-1500 yards. After the endurance swim our coach will assist participants with stroke and form improvement. Participants should have experience with swim strokes (freestyle, back stroke, breast stroke, and butterfly) and breathing patterns. Participants must be deep water safe.

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