



AQUATIC FITNESS SCHEDULE

FALL 1 SESSION

SEPT 4TH-OCT 21ST

CLASSES FOR THE MEMBERS, BY THE MEMBERS

STRENGTHENING OUR Y COMMUNITY

MASTER'S SWIM CLUB *NEW	T/TH	6:00-7:00 AM	MEMBERS ONLY
Want to give your lap swimming a little more direction? Our Master's Swim Club is the group for you. Pre-written practices will be provided, and our on deck coach will help you refine technique and push you to improve. Workouts will be available for varying skill levels, and adaptations can be made to accommodate everyone.			
AM SPLASH	T/TH	5:30-6:30 AM	Non-Member \$60
Rise and shine with this early morning body splash workout. Wake up and get your day moving on the right track. A morning workout will jump start your day and keep your metabolism revved up for hours.			
ARTHRITIS BASED PROGRAM	M/W/F	8:30-9:15 AM	Non-Member \$70
	M/W/F	9:30-10:15 AM	Non-Member \$70
Do you have arthritis? Would you like to be more active or continue to stay active? Join our Arthritis Program. Exercises designed to improve range of motion and flexibility. Participants should consult with their physicians before beginning. INSTRUCTORS ARE NOT CURRENTLY CERTIFIED BY THE ARTHRITIS FOUNDATION			
MORNING SPLASH	T/TH	8:30-9:30AM	Non-Member \$60
This water exercise class is designed to keep active older adults feeling fine. Like the Arthritis program, none of the exercises stress the joints, but provide increased flexibility, cardiovascular endurance, and improved circulation. Preferred for those with bad knees, ankles, backs, or those showing signs of arthritis. Come exercise in an environment of fun, fellowship, and fitness.			
SPLASHDANCE	M/W	10:30-11:15 AM	Non-Member \$60
Get fit and have fun in the water! We bring the high-energy music and party atmosphere of dance fitness into the pool. If you want the fun of a land dance class without the impact, this class is for you!			
YOGA SPLASH	F	10:30-11:25 AM	Non-Member \$30
Focusing on easy, flowing movements, this class incorporates elements of yoga, tai chi and easy-to-follow dance moves done to relaxing music. Start your weekend on a mellow note!			
DEEP H2O MIX	T/TH	9:35-10:30 AM	Non-Member \$60
This high intensity deep water exercise program will incorporate deep water jogging (while wearing a flotation belt), strength training, and abdominal workouts with noodles. Deep water exercise allows for emphasis on cardio and muscular toning. It's zero-impact, maximum-resistance, to give you the most in a wet workout.			
ATHLETES IN WATER *NEW	T/TH	6:00-6:55 PM	Non-Members \$60
If you're looking to vamp up your workout with something more intensive but still low impact, then this class is perfect for you! Your heart rate will stay elevated through cardio exercise and using various strengthening/resistance equipment. Everything can be modified for beginners and can be made more difficult for those looking for something more advanced.			