



AQUATIC FITNESS SCHEDULE

Spring Session

April 9th- May 27th

CLASSES FOR THE MEMBERS, BY THE MEMBERS STRENGTHENING OUR Y COMMUNITY

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-Based Program. Exercises designed to help improve range of motion and flexibility. Participants should consult with their physicians before beginning. (Not currently certified through the National Arthritis Foundation)			
MORNING SPLASH	T/TH and F	8:30-9:30 AM 7:30-8:30 AM	Non-Member \$70
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	10:30-11:25 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.			
REGAIN RANGE OF MOTION	M/W/F	7:00-7:45 PM	Non-Member \$70
Similar to our Arthritis-Based Program, this evening aquatic fitness class is designed to improve range of motion. A water workout eliminates impact and is gentle on the joints while increasing muscle tone and flexibility.			