

# Aquatic Class Schedule

Monday			
Day	Studio	Instructor	
8:30am-9:15am	Arthritis Based Pro.	Eleanor	
9:30am-10:15am	Arthritis Based Pro.	Gladene	
10:30am-11:25am	Aqua Cardio	Jen	

Wednesday			
Day	Studio	Instructor	
8:30am-9:15am	Arthritis Based Pro.	Eleanor	
9:30am-10:15am	Arthritis Based Pro.	Gladene	
10:30am-11:25am	Aqua Cardio	Jen	

Friday			
Day	Studio	Instructor	
8:30am-9:15am	Arthritis Based Pro.	Eleanor	
9:30am-10:15am	Arthritis Based Pro.	Gladene	
10:30am-11:25am	Yoga Splash	Deb	

Thursday			
Day	Studio	Instructor	
5:30am-6:30am	AM Splash	Sue	
8:30am-9:30am	Morning Splash	Nancy	
9:35am-10:30	Deep H2O Mix	Joy	
<b>Evening</b>			
6:00pm-6:55pm	Athletes In Water	Jen S.	

Tuesday			
Day	Studio	Instructor	
5:30am-6:30am	AM Splash	Sue	
8:30am-9:30am	Morning Splash	Nancy	
9:35am-10:30am	Deep H2O Mix	Joy	
<b>Evening</b>			
6:00pm-6:55pm	Athletes In Water	Jen S.	

KEY
Interval/Combo
Strength
Cardio
Mind & Body
Active Older Adult

Childwatch-Babysitting Service		
Mornings M-F	8:30am-11:30am	
Saturdays	8:30am-12:00pm	
Evenings M-TH	5:00pm-8:30pm	





# Champaign Family YMCA


## Aquatic Fitness Class Description



CLASSES FOR THE MEMBERS, BY THE MEMBERS



STRENGTHENING OUR Y COMMUNITY



 Beginner,  Novice,  Intermediate,  Sweat,  Advanced


**FREE Fitness Classes for Members /Non-member Rates listed (NM)**



**AM SPLASH-**  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-**   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

**MORNING SPLASH-**   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.

**Aqua Cardio-**   Get fit and have fun in the water! We bring the high-energy music and party atmosphere of intensive cardio into the pool. If you want the fun class and great workout without the impact, this class is for you!

**YOGA SPLASH-**  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-**   This high intensity deep water exercise program will incorporate deep water jogging (while wearing a flotation device), 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-**   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.