

Aquatic Group Ex Schedule

937-653-9622

191 Community Dr. Urbana, OH 43078

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

Monday	Class	Location	Instructor
8:30am-9:15am	Arthritis Based Pro	Pool	Mary
9:30am-10:14am	Arthritis Based Pro	Pool	Gladene

Tuesday	Class	Location	Instructor
6:30am-7:30am	Morning Splash	Pool	Sue
9:30am-10:30am	In the Middle	Pool	Joy

Wednesday	Class	Location	Instructor
8:30am-9:15am	Arthritis Based Pro	Pool	Mary
9:30am-10:15am	Arthritis Based Pro	Pool	Gladene

Thursday	Class	Location	Instructor
9:30-10:30am	In the Middle	Pool	Joy

Friday	Class	Location	Instructor
6:30-7:30am	Morning Splash	Pool	Sue
8:30-9:15am	Arthritis Based Pro	Pool	Mary
9:30-10:15am	Arthritis Based Pro	Pool	Gladene

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



Champaign Family YMCA

Aquatic Fitness Class Description



STRENGTHENING OUR Y COMMUNITY

FREE Fitness Classes for Members

By the Members!

ARTHRITIS BASED PROGRAM- Do you have arthritis? Would you like to be more active or continue to stay active? Join our Arthritis Program! The intensity of the class is determined by YOU. The movements are enjoyable, and designed to improve range of motion and flexibility while having a great time. We sing, play, and socialize while working on our mobility, strength, and sense of humor.

MORNING SPLASH- Rise and shine with this early morning workout. It will jump start your day and keep your metabolism revved up for hours. You can make this as low or high intensity as you like! This 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.

IN THE MIDDLE- Ever feel like you're stuck in between wanting to be in the deep end, but really enjoying the movements in the shallow end? With this class, that's right where you belong! You don't have to decide between deep or shallow work because you can get it all with this one class! You can choose to use floatation belts, noodles, or nothing at all for more intensity and stay treading in the deep end. You can intermittently switch between noodles and no equipment in the shallow end. You can switch between shallow and deep ends to get the best workout for YOUR body. You can water jog in the deep or shallow to get in some cardio, and use those noodles to train your body for better balance, and a stronger core. This workout will get it all.