



SPRING 2 WATER FITNESS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday
AQUACISE 101 8:30-9:30 AM SMALL POOL BARB	SUNRISE SPLASH 9:00-10:00 AM LAP POOL ABBE	AQUACISE 101 8:30-9:30 AM SMALL POOL BARB	SUNRISE SPLASH 9:00-10:00 AM LAP POOL ABBE	AQUACISE 101 8:30-9:30 AM SMALL POOL BARB
ARTHRITIS 9:30-10:30 AM SMALL POOL PATTI	SUNRISE SPLASH 10:15-11:15AM LAP POOL SARA	H2O DEEP FIT- NESS 9:00-10:00 AM LAP POOL SARA	ARTHRITIS 9:30-10:30 AM SMALL POOL BARB	H2O DEEP FITNESS 9:00-10:00 AM LAP POOL PATTI
SUNRISE SPLASH 10:00-11:00 AM LAP POOL ABBE	ARTHRITIS 9:30-10:30 AM SMALL POOL BARB	ARTHRITIS 9:30-10:30 AM SMALL POOL PEGGY	SUNRISE SPLASH 10:15-11:15AM LAP POOL PATTI	ARTHRITIS 9:30-10:30 AM SMALL POOL PEGGY
SILVERSPLASH 1:30-2:00 PM SMALL POOL ANTHONY	STEP IT DEEP 6:15-7:15 PM LAP POOL ROMELLE	H2O DEEP FIT- NESS 10:15-11:15 AM LAP POOL STEPHANIE	AQUA SERENITY 11:30-12:15 PM SMALL POOL PEGGY	SILVERSPLASH 1:30-2:00 PM SMALL POOL ANTHONY
AQUA ACTION 6:30-7:30 PM LAP POOL JANET		SILVERSPLASH 1:30-2:00 PM SMALL POOL ANTHONY	PRE/POST NATAL 7:15-8:15 PM LAP POOL STEPHANIE	
		AQUANAUTS 5:30-6:30PM LAP POOL JULIA		

** Classes listed are FREE to members only. This schedule is subject to change without notice. Updated versions always are available at the member relations desk.**

Foglia YMCA Water Fitness Class Descriptions

Aquanauts: Mates or mothers, dolphins or sharks, come join this fun filled aerobic class dedicated to better health through water exercise. Emphasis is on cardio vascular and respiratory health as well as the side benefits of looking, thinking and acting like the Olympic athlete that you've dreamt to become. Make your dream come true. Come join us work the three branches of the YMCA: the mind, the body and the spirit. Feel free to bring the whole family.

Arthritis Foundation YMCA Aquatic Program:

This program of gentle water exercise is designed for all ages with arthritis, fibromyalgia, and related conditions, as well as any individual who wants to exercise without joint and muscle strain. The soothing warmth and buoyancy of exercising in the warm water pool will help decrease stiffness in joints, improve range of motion, and muscle endurance. A doctor's note is required for participation.

Step It Deep: This class incorporates the use of a variety of fitness equipment to ensure an intense cardiovascular workout in the deep end and then will utilize steps and resistance tubing in the shallow end. Participants will be using buoyancy belts in to aid in flotation and should be comfortable in all depths of water.

Aqua Action: This high energy class is set to music and held in both the shallow end and deep end of the lap pool. It includes an initial stretching session, extended aerobic workout, toning and cool down. Resistance, buoyancy and acceleration will be used to alter the intensity.

No Impact Aqua Serenity Class: Gentle water exercise designed not just for seniors - but for all ages. This class is for anyone who wants to exercise without joint and muscle strain. You will improve the quality and productivity of everyday life activities as a result of the class. The soothing class uses water buoyancy and resistance to help improve range of motion and muscle endurance. It is good for those who haven't exercised in a long time, those who want to exercise without impact, those undergoing pre/post surgery, and those who know they have to "start somewhere" or "continue somewhere". This class not only allows you to exercise weightlessly in the water, but is a class filled with humor, personal attention, serenity, and caring kindness. You won't know where the time went. Need to get away from it all for an hour and exercise too without even realizing it? This is the class for you.

Early Energizer: This exciting 60-minute workout is a fast paced water workout that burns tons of calories and tones muscles at the same time. It will incorporate the use of different equipment and be held in the shallow end of the lap pool. Refreshingly intense!

Pre/Post Natal Water Exercise: This class is for expecting mothers or mothers who have recently had a child and are looking for a great workout that would meet their special needs. This class will focus on appropriate exercises and will provide a cardiovascular and muscle toning workout for the new mother and the mother-to-be.

Sunrise Splash: A pleasant combination of aerobics and toning in the shallow end of the pool. This class is a high-energy water exercise class with a splash of choreography set to music. This class incorporates the use of noodles and flotation belts for increased intensity. No swimming skills required.

Multiple Sclerosis: Come experience a low-impact water aerobic class in a cool and stimulating environment. The natural buoyancy of the water gives support and makes movement easier, allowing your body to move in ways it might not be comfortable otherwise. This class will also improve muscle strength and range of motion and increase circulation. Limit 10 participants and a doctor's note is mandatory.

H2O Deep Fitness: This entry level water class consists of 60 minutes of paced cardio exercises in the deep water (not intense or strenuous). Don't be fooled! This workout is designed to BURN FAT and increase endurance. Great for those new to our water fitness programs. No swim experience required; participants will use flotation belts.

Aquacise 101: This water recreational class provides opportunity for individuals with arthritis, fibromyalgia, and related conditions, as well as any individual who wants to exercise without joint and muscle strain, with a low impact class emphasizing flexibility and movements at the participants pace. This class incorporates the use of noodles and weights. No swimming skills required.

Certified Instructors teach to all fitness levels. Modifications are made to allow for a progression of fitness. Please inform the instructors of any health conditions and/or concerns to ensure a safe, effective exercise class.