



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Ed Isakson/Alpharetta Family YMCA  
3655 Preston Ridge Road  
Alpharetta, GA 30005  
770-664-1220

# Water Group Exercise Schedule

## October 1st- December 31st, 2011

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>MONDAY</b>	6:00-7:30 am	Masters Swim *	Coach	Pool
	9:00-9:45	Water Cardio Conditioning	Lisa	Pool
	9:45-10:30	Water pilates	Lisa	Pool
	1:00-1:45	● Stretch and Flex	Betsy	Pool
	5:30-6:30 pm	Aqua Zumba	Maribel/Yvette	Pool
	6:30-7:30	Deep Water Fitness	Linda M	Pool
<b>TUESDAY</b>	6:00-7:30 am	Masters Swim *	Coach	Pool
	8:30-9:15	Aqua Zumba	Yvette	Pool
	9:00-9:45 am	Water Cardio Conditioning	Linda M/Susan	Pool
	9:15-10:00 am	●Water Stretch and Flex	Rebecca	Pool
	10:00-10:45	Water Fibro FIT/Prenatal	Rebecca	Pool
	1:00-2:00 pm	Senior Water Fitness	Pascale	Pool
	6:15-7:15 pm	Water Fitness	Linda M	Pool
	7:15-8:15 pm	Deep Water Fitness/Sculpt	Cheryl	Pool
<b>WEDNESDAY</b>	9:00-9:45 am	Aqua Zumba	Toni	Pool
	9:45-10:30 am	Water Pilates	Toni	Pool
	1:00-1:45pm	● Stretch and Flex	Linda P.	Pool
	<b>NEW TIME</b> 7:00-8:00pm	Water Cardio Condition/Pilates 40/20	Susan	Pool
<b>THURSDAY</b>	6:00-7:30 am	Masters Swim *	Coach	Pool
	8:30-9:15 am	Deep Water Fitness	Linda P.	Pool
	9:15-10:00 am	●Water Stretch and Flex	Linda P.	Pool
	10.00-1045	Water Fibro FIT/Prenatal	Rebecca	Pool
	1:00-2:00 pm	Senior Water Fitness *	Cheryl	Pool
	5:45-6:30pm	Aqua Zumba	Toni	Pool
	6:30 -7:30 pm	Water Cardio Condition/Bike	Sherry	Pool
	<b>FRIDAY</b>	9:00-9:45 am	Water Drills with Noodles	Susan
9:45-10:30 am		Water Pilates	Susan	Pool
1:00-1:45 pm		●Water Stretch and Flex	Linda P.	Pool
6:00-7:00 pm		Water Cardio Condition/Pilates	Lisa	Pool
<b>SATURDAY</b>	8:00-9:00 am	Water Cardio Conditioning	Lisa	Pool
<b>SUNDAY</b>	1:30-2:30 pm	Water Combo	Rotation	Pool

● These classes are open to program members

\* No childcare available

Childcare hours: Mon-Thurs 8:30 am-1:15 pm and 3:30-8:00 pm

Fri: 8:15 am-1:15 pm and 4:15 pm-8:00 pm

Sat: 8:00 am-1:15 pm, Sun 1:00 pm-4:00 pm

For information regarding our Water Fitness classes, please contact Melita Lawson- Land and Water fitness Coordinator.  
Melital@ymcaatlanta.org  
770-663-3548

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## WATER FITNESS CLASS DESCRIPTIONS

**AQUA ZUMBA!** - Aqua Zumba brings the flavor into the pool. The Zumba formula and fusion of Latin and International Rhythm is what makes it fun. So, jump into the pool and see what all the SPLASHING is about.

**DEEP WATER FITNESS DRILLS** - A no impact deep water workout with flotation belts utilizing large range motion movements, drills, sprints & resistance equipment

**PRENATAL WATER COMBO** - A moderate aerobic workout in shallow and deep water with a strengthening segment. Comfort in deep water is a must. **ATTENDEES DO NOT HAVE TO BE PREGNANT TO PARTICIPATE.**

**SENIOR WATER FITNESS** - A moderate aerobic segment, upper and lower body exercises utilizing various equipment. Extended warm-down phase for extra flexibility and stretching perfect for ALL ages. Swim ability preferable.

**WATER CARDIO CONDITIONING** - A high intensity, fast paced cardiovascular workout combining deep water drills and shallow water aerobics. An extended aerobic set for cardio conditioning and a strength training segment give you a super workout in the water! Participants use a wide variety of equipment including, belts, noodles, resistance gloves, hand barbells, resistance bands. Swim ability preferable with a comfort level in deep water a must

**WATER CYCLE (HYDRO-RIDER)** - Stainless steel cycles are used in circuit or intervals in noted classes. Water shoes required. **Cycles may only be used in classes.**

● **WATER FIBRO FIT** - Ongoing classes for members or program members. A moderate aerobic program designed for persons with fibromyalgia as well as those who want an interval workout. This class may help improve stamina and muscle strength. It may also relieve pain and stiffness. Most of this class is held in the deep water, see above deep water description.

**WATER PILATES & YOGA**—Pilates & Yoga moves are modified to effectively use the properties of the water to strengthen the powerhouse, elongate and strengthen muscles, improve posture and balance. Focus is on core muscle stability. Comfort level in deep water a must.

● **WATER STRETCH & FLEX** - Ongoing classes for members or program members, seeking to improve or enhance flexibility, strength, range of motion, balance and endurance. Ideal for those suffering from Arthritis

● **INDICATES—OPEN TO PROGRAM MEMBERS**

**All Group Fitness Classes- land and water are free to YMCA members.**

*Children ages 9-12 may attend all classes with a parent or guardian.*

**Stay in contact:** Sign up at [statusme.com](http://statusme.com) for text and email updates regarding pool closings and/or to be added to calling post voice messaging for water fitness schedule updates  
Email [melital@ymcaatlanta.org](mailto:melital@ymcaatlanta.org) or call 770-663-3539 with your name and phone number



# Indoor Pool Lap Lane Schedule Aug 21, 2011- Feb 11, 2012

Lap Lane Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am—6:00am	5 lap lanes	5 lap lanes	5 lap lanes	5 lap lanes	5 lap lanes		
6:00am—7:30am	1 lap lanes	1 lap lane	5 lap lanes	1 lap lane	5 lap lanes		
7:30am—8:25am	5 lap lanes	5 lap lanes	5 lap lanes	5 lap lanes	5 lap lanes	3 lap lanes	
8:25am—8:40am	5 lap lanes	2 lap lanes	5 lap lanes	2 lap lanes	5 lap lanes	2 lap lanes	
8:40am—11:00am	2 lap lanes	2 lap lanes	2 lap lanes	2 lap lanes	2 lap lanes	1 lap lane	
11:00am—12:00pm	2 lap lanes	2 lap lanes	2 lap lanes	2 lap lanes	1 lap lane	1 lap lanes	
12:00pm—1:00pm	2 lap lanes	1 lap lane	2 lap lanes	1 lap lane	1 lap lane	1 lap lanes	
1:00pm—3:00pm	1 lap lanes	1 lap lane	1 lap lanes	1 lap lanes	1 lap lane	2 lap lanes	2 lap lanes
3:00pm—4:00pm	2 lap lane	2 lap lane	2 lap lane	2 lap lane	3 lap lanes	3 lap lanes	2 lap lanes
4:00 pm-5:00 pm	2 lap lane	2 lap lane	2 lap lane	2 lap lane	3 lap lanes	3 lap lanes	2 lap lanes
5:00 pm—6:15pm	1 lap lane	2 lap lane	2 lap lane	2 lap lane	3 lap lanes		
6:15pm—7:45pm	1 lap lane	1 lap lane	1 lap lane	1 lap lane	3 lap lanes		
7:45pm—8:30pm	2 lap lanes	1 lap lanes	2 lap lanes	2 lap lanes	3 lap lanes		
8:30pm—9:00pm	3 lap lanes	3 lap lanes	3 lap lanes	3 lap lanes			

## Masters Swim

Available: Monday, Tuesday & Thursday / Time: 6:00 am to 7:30 am  
 (Open to all Facility Members, all skill levels welcome. Must be 18 years old)

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