



WATER FITNESS CLASS DESCRIPTIONS

AQUA BOOT CAMP - This is an amazing and Intense workout using the resistance of the water in timed drills and more. This involves light and non impact moves. **TRY IT AND SEE THE DIFFERENCE.**

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

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.

● **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.

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 CARDIO CONDITIONING WITH BIKE - Stainless steel cycles are optional use in this class. Water shoes required. 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. **Cycles may only be used in classes.**

● **WATER FIBRO FIT/PRENATAL** - 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 —Pilates 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

● **WATER STRETCH & FLEX/ FIBRO/PRENATAL COMBO** - A combination of Water Stretch & Flex/ fibro Fitness and Prenatal ladies 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.

● **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 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

or call 770-663-3548 with your name and phone number.