

Water Fitness Classes

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
SUNDAY	1:30-2:30PM	Water Combo	rotation
MONDAY	9:00-9:45	Water Cardio Conditioning	Hege
	9:45-10:30	Water Pilates	Hege
	1:00-1:45 PM	●Water Stretch & Flex*	Dale
	6:15-7:00	●Water Stretch & Fibro	Sally
	7:00-8:00	Deep Water Fitness	Linda M
TUESDAY	6:00-7:30AM	Masters Swim*	Coach
	8:30-9:15	Water Combo	Susan/Linda M
	9:15-10:00	●Water Stretch & Flex	Rebecca
	10:00-10:45	●Water Fibro Fit Fit//Prenatal	Rebecca
	1:00-2:00PM	Senior Water Fitness*	Hege
	6:15-7:15	Water Fitness	Linda M
	7:15-8:15	Deep Water Fitness/Sculpt	Hilary
WEDNESDAY	9:00-9:45AM	Water Drills w/ Noodle	Hege
	9:45-10:30	Water Pilates/Yoga	Hege
	1:00-1:45PM	●Water Stretch & Flex*	Linda P
	6:15-7:00	Water 20/20	Pascale/Susan
THURSDAY	6:00-7:30AM	Masters Swim*	Coach
	8:30-9:15	Deep Water Fitness	Linda P
	9:15-10:00	●Water Stretch & Flex	Linda P
	10:00-10:45	●Water Fibro Fit/Prenatal	Rebecca
	1:00-2:00PM	Sr. Water Fitness*	Sally/Hege
	****new time** 6:30-7:30	Water Cardio Condition-Bike-optional	Sherry
	FRIDAY	9:00-9:45AM	Water Cardio Conditioning
9:45-10:30		Water Pilates	Jeanne
1:00-1:45		●Water Stretch & Flex*	Linda P
*****NEW* 6:15-7:00		Water 20/20	Pascale *****

●These classes are open to program members
Childcare Hours: Mon-Thurs, 8:30am-1:15pm 3:30-8:00 pm
Fri 8:15am-1:15pm, 4:15-8:00 pm
Sat 8:00am-1:15pm, Sun 1:00-4:00
 * Denotes no child care is available.

For Information Regarding our Water Fitness
 Classes, please contact
 Hege Farnsworth – Water Fitness Coordinator
hegef@ymcaatlanta.org
 770-663-3539

WATER FITNESS CLASS DESCRIPTIONS

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. Swim ability preferable with a comfort level in deep water a must

WATER COMBO - A combination of shallow and deep water aerobics utilizing flotation belts. Participants must have a comfort level in the deep water.

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

● **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 FITNESS - A variable intensity cardiovascular workout with a strength training segment utilizing a variety of water fitness tools, including hand buoys, noodles, water gloves, water wrist weights, floats and kick-boards. Swim ability preferable.

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

WATER 20/20 - 20 minutes of Cardio conditioning/20 minutes of Pilates and Yoga

INDICATES—OPEN TO PROGRAM MEMBERS

All Group Fitness Classes are free to YMCA members. Children ages 9-12 may attend all classes with a parent or guardian with the exception of body pump, Group Cycling and Resist a Ball.