



Spears Family YMCA Water Fitness Schedule

S
H
A
L
L
O
W

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Aerobics 6:45-7:30 AM <i>Wyn</i>	Aqua Fit 6:30-7:30 AM <i>Arlene</i> Cardio Splash 6:00-7:00 AM <i>Angela Kaye</i>	Aqua Aerobics 6:45-7:30 AM <i>Wyn</i>	Aqua Fit 6:30-7:30 AM <i>Arlene</i> Cardio Splash 6:00-7:00 AM <i>Angela Kaye</i>	Aqua Aerobics 6:45-7:30 AM <i>Wyn</i>
Aquacise 7:30-8:15 AM <i>Sue</i>		Aquacise 7:30-8:15 AM <i>Sue</i>		Aquacise 7:30-8:15 AM <i>Sue</i>
Water Walking 8:15-9:00 AM <i>Helen</i>	Water Walking 8:15-9:00 AM <i>Helen</i>	Water Walking 8:15-9:00 AM <i>Helen</i>	Water Walking 8:15-9:00 AM <i>Helen</i>	Water Walking 8:15-9:00 AM <i>Helen</i>
Aqua Arthritis 9:00-10:00 AM <i>Zora</i>	Aqua Arthritis 9:00-10:00 AM <i>Zora</i>	Aqua Arthritis 9:00-10:00 AM <i>Zora</i>	Aqua Arthritis 9:00-10:00 AM <i>Zora</i>	Aqua Arthritis 9:00-10:00 AM <i>Zora</i>
Low Intensity 10:00-11:00 AM	Aqua Arthritis 10:00-11:00 AM <i>Zora</i>	Low Intensity 10:00-11:00 AM	Aqua Arthritis 10:00-11:00 AM <i>Zora</i>	Low Intensity 10:00-11:00 AM
Multiple Sclerosis 11:00-11:45 AM <i>Wyn</i>		Multiple Sclerosis 11:00-11:45 AM <i>Wyn</i>		Multiple Sclerosis 11:00-11:45 AM <i>Wyn</i>
Fibromyalgia 11:30 AM-12:15PM <i>Nancy</i>		Fibromyalgia 11:30 AM-12:15PM <i>Nancy</i>		Fibromyalgia 11:30 AM-12:15PM <i>Nancy</i>
Aqua-Arthritis Plus 12:15-1:00 PM <i>Wyn</i>		Aqua-Arthritis Plus 12:15-1:00 PM <i>Wyn</i>		Aqua-Arthritis Plus 12:15-1:00 PM <i>Wyn</i>
Deep Water 8:45-9:30 AM <i>Meg</i>	Deep Water 9:00-10:00 AM <i>Meg</i>	Deep Water 8:45-9:30 AM <i>Meg</i>	Deep Water 9:00-10:00 AM <i>Meg</i>	Deep Water 8:45-9:30 AM <i>Meg</i>
Deep Water 9:30-10:30 AM <i>Angela Kaye</i>		Deep Water 9:30-10:30 AM <i>Angela Kaye</i>		Deep Water 9:30-10:30 AM <i>Angela Kaye</i>
Deep Water 7:00-8:00pm <i>Carrie</i>		Deep Water 7:00-8:00pm <i>Carrie</i>	Deep Water 7:00-8:00pm <i>Carrie</i>	

D
E
E
P

- ne-month classes meet on Monday, Wednesday, and Friday and register monthly.
- Two-month classes meet on Tuesday and Thursday and register bi-monthly.

2010 REGISTRATION DATES

JANUARY

FEBRUARY

MARCH

Members: December 30-Jan. 10 Members: January 28-Feb. 10 Members: Feb. 25-March 10
 Non-Members: December 31-Jan. 10 Non-Members: Jan. 29-Feb. 10 Non-Members: Feb. 26-Mar. 10

****PLEASE NOTE: A \$5.00 LATE FEE will be applied for all late registrations ****

Beginner Classes

Low Intensity—Great class for beginners! Concentrates on muscle toning and cardiovascular endurance.

(Monday, Wednesday, Friday) Members \$17 Potential Members \$34

Aquacise—A mild cardiovascular workout using water resistance to improve range of motion, muscular strength, and flexibility.

(Monday, Wednesday, Friday) Members \$16 Potential Members \$34

Water Walking I—This class provides less impact than walking on land. The focus is on endurance, mobility, and therapeutic conditioning.

(Tuesday, Thursday) Members \$12 Potential Members \$24

Intermediate Classes

Aqua Fit—This class uses water resistance for a total body workout.

(Tuesday, Thursday) Members \$24 Potential Members \$48

Deep Water—A class geared to train your cardiovascular system as well as give you a total body workout with **NO IMPACT**.

(Monday, Wednesday, Friday) Members \$16 Potential Members \$32

(Tuesday, Thursday) Members \$25 Potential Members \$50

(Monday, Wednesday, Thursday) Members \$16 Potential Members \$32

Advanced Classes

Aqua Aerobics—A high cardiovascular workout that combines water resistance exercises and aerobic activity for a total body workout.

(Monday, Wednesday, Friday) Members \$16 Potential Members \$32

(Monday, Wednesday, Thursday) Members \$21 Potential Members \$42

Water Walking III—Higher Intensity, low impact class designed to build a cardiovascular workout that incorporates the strengthening of all muscle groups and an increase in joint flexibility.

(Monday, Wednesday, Friday) Members \$12 Potential Members \$24

Cardio Splash—An intense and refreshing workout that strengthens the cardiovascular system and conditions the entire body. This fitness class combines elements from shallow water workouts for a total body workout. Exercise intensity is moderate to high.

(Tuesday, Thursday) Members \$24 Potential Members \$48

Specialty Classes

Aqua-Arthritis—A non-aerobic class designed to work each joint through its range of motion to increase range of motion and strength in joints.

(Monday, Wednesday, Friday) Members \$16 Potential Members \$32

(Tuesday, Thursday) Members \$18 Potential Members \$36

Aqua Arthritis Plus—The standard arthritis class with an added low intensity aerobic workout.

(Monday, Wednesday, Friday) Members \$12 Potential Members \$24

Fibromyalgia—Designed specifically for those suffering from Fibromyalgia. Class concentrates on muscular strength, flexibility, and aerobic exercise.

(Monday, Wednesday, Friday) Members \$10 Potential Members \$20

Multiple Sclerosis—A class designed for people with MS to help with daily functions. Workouts are designed to increase muscular strength and mobility.

(Monday, Wednesday, Friday) Members \$10 Potential Members \$20