



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS SCHEDULE

Spears Family YMCA

Updated 2/1/2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shallow Water Classes						
	Aqua Aerobics 6:45-7:30 AM <i>Wyn</i>		Aqua Aerobics 6:45-7:30 AM <i>Wyn</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>	
	Strut, Stretch, & Tone 10:00-11:00 AM <i>Laura</i>	Water Yoga 10:00-10:45 AM <i>Linda</i>	Strut, Stretch, & Tone 10:00-11:00 AM <i>Laura</i>	Water Yoga 10:00-10:45 AM <i>Linda</i>	Strut, Stretch, & Tone 10:00-11:00 AM <i>Laura</i>	
	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>Jane / Judi</i>		Fibromyalgia 11:30 AM-12:15PM <i>Jane / Judi</i>		Fibromyalgia 11:30 AM-12:15PM <i>Jane / Judi</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 Classes						
	Cardio Splash 5:45-6:45 AM <i>Angela Kaye</i>	Cardio Splash 6:00-7:00 AM <i>Angela Kaye</i>	Cardio Splash 5:45-6:45 AM <i>Angela Kaye</i>	Cardio Splash 6:00-7:00 AM <i>Angela Kaye</i>	Cardio Splash 5:45-6:45 AM <i>Angela Kaye</i>	
	Deep Water 8:30-9:30 AM <i>Meg</i>		Deep Water 8:30-9:30 AM <i>Meg</i>		Deep Water 8:30-9:30 AM <i>Meg</i>	Eye Opener 7:30-8:30 <i>Carol</i>
	Deep Water 9:30-10:30 AM <i>Angela Kaye</i>	Deep Water 9:00-10:00 AM <i>Meg</i>	Deep Water 9:30-10:30 AM <i>Angela Kaye</i>	Deep Water 9:00-10:00 AM <i>Meg</i>	Deep Water 9:30-10:30 AM <i>Angela Kaye</i>	
Door Opener Sun. 12:15-1:15 PM <i>Carol</i>	Deep Water 10:30-11:30 AM <i>Debra</i>		Deep Water 10:30-11:30 AM <i>Debra</i>		Deep Water 10:30-11:30 AM <i>Debra</i>	
	Aqua Combo 7:00-8:00pm <i>Beth</i>		Aqua Combo 7:00-8:00pm <i>Beth</i>	Aqua Combo 7:00-8:00pm <i>Beth</i>		

Registration Information

Members: 15th through last day of month

Potential Members: 20th through last day of month

Must be registered by end of month, prior to first class.

All classes are register/paid monthly!

****PLEASE NOTE: A \$5.00 LATE FEE will be applied on the 1st of the month. ****

YMCA Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.
Financial Assistance available through our Open Doors Scholarship Program.

Beginner Classes

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

(Monday, Wednesday, Friday)

Members \$17

Potential Members \$34

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

(Monday, Wednesday, Friday)

Members \$13

Potential Members \$26

(Tuesday, Thursday)

Members \$7

Potential Members \$14

Water Yoga- Ease anxiety & stress; improve muscle strength & flexibility while gently aligning the joints. Enhancing balance & strength while calming the mind.

(Tuesday, Thursday)

Members \$12

Potential Members \$24

Intermediate Classes

Aqua Combo – This class combines deep and shallow water exercise for a total workout.

(Monday, Wednesday, Thursday)

Members \$17

Potential Members \$34

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 \$17

Potential Members \$34

(Tuesday, Thursday)

Members \$12

Potential Members \$24

Door Opener Sunday - This moderate-to-high intensity deep water class features the use of Y-provided pool exercise equipment including water weights, noodles & kickboards. Class instruction offers challenging water exercise routines that result in overall fitness with no impact. Entire pool length is used. Floatation belts recommended.

(Sunday)

Members \$6

Potential Members \$12

Eye Opener - This moderate-to-high intensity deep water class features the use of Y-provided pool exercise equipment including water weights, noodles & kickboards. Class instruction offers challenging water exercise routines that result in overall fitness with no impact. Entire pool length is used. Floatation belts recommended.

(Saturday)

Members \$6

Potential Members \$12

Strut, Stretch & Tone- This shallow water, intermediate intensity, moderate impact class includes water resistance exercises designed to build a cardiovascular workout. It incorporates the strengthening of all muscle groups and an increase in joint flexibility. Water shoes recommended.

(Monday, Wednesday, Friday)

Members \$17

Potential Members \$34

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 \$17

Potential Members \$34

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.

(Monday, Wednesday, Friday)

Members \$17

Potential Members \$34

(Tuesday, Thursday)

Members \$12

Potential Members \$24

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 \$17

Potential Members \$34

(Tuesday, Thursday)

Members \$10

Potential Members \$20

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

(Monday, Wednesday, Friday)

Members \$13

Potential Members \$26

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

(Monday, Wednesday, Friday)

Members \$11

Potential Members \$22

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 \$11

Potential Members \$22