



REGIONAL YMCA WATER EXERCISE SCHEDULE

Effective October 24 through December 18th

Main Pool - Registration is required for all Water Aerobics Classes.

\$20 Registration Fee- Spaces are Limited

Monday	Tuesday	Wednesday	Thursday
Deep & Shallow Intermediate 9-9:50am Sujata	Deep & Shallow 9-9:50am Susi	Deep & Shallow Intermediate 9-9:50am Sujata	Deep & Shallow 9-9:50am Susi
Deep Water Motion Advanced 10-10:50am Sujata		Deep Water Motion Advanced 10-10:50am Sujata	
	Deep & Shallow 10-10:50am Susi	Non-Impact Water Aerobics 10-11am Aimee	Deep & Shallow 10-10:50am Susi
Cardio & Strength 11-11:50am Randi		Cardio & Strength 11-11:50am Randi	
Deep & Shallow Water Outdoor Pool 12 - 12:50pm Susi		Deep & Shallow Water Outdoor Pool 12- 12:50pm Susi	
Water Workout 6:00 -6:50 Shirley	Power Workout 6:00-6:50pm Cathi	Water Workout 6:00 -6:50 Shirley	Power Workout 6:00-6:50pm Cathi

Therapy Pool **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday
Toning & Flexibility 10-10:50am Randi	Work the Water 11-11:50am Susi	Toning & Flexibility 10-10:50am Randi	Work the Water 11-11:45am Susi
Work the Water 11-11:50am Susi	Water Yoga 5:30-6:25 Aimee	Work the Water 11-11:50am Susi	
Work the Water 12-12:50 pm Sujata		Work the Water 12-12:50 pm Sujata	



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Deep and Shallow Water Aerobics - Advanced

Location: Main Pool

Focus is on cardiovascular fitness, overall strengthening, toning and range of motion. Emphasis on core strength, range of motion and toning of the body by performing high intensity exercises in both deep & shallow water, utilizing noodles and barbells. Must be able to swim

Deep and Shallow Water Aerobics -Intermediate

Location: Main Pool

Emphasis on core strength, range of motion and toning of the body by performing high intensity exercises in both deep & shallow water. Must be able to swim

Toning and Flexibility –Beginner

Location: Therapy Pool

Low intensity shallow water exercise with the use of noodles and barbells. Focus is on core strength, range of motion and an overall toning of the body.

Cardio and Strength- Intermediate (Shallow only)

Location: Main Pool

An intermediate level class. Emphasis on core strength, range of motion and toning of the body by performing high intensity exercises in both deep & shallow water.

Work the Water - Beginner

Location: Therapy Pool

Low intensity shallow water exercise with the use of noodles and barbells. Focus is on core strength, range of motion and an overall toning of the body.

Power Workout – Advanced

Location: Main Pool

One hour of intense deep & shallow water exercise, helping make you more flexible and fit. Emphasis on core strength, range of motion and toning of the body by performing high intensity exercises in both deep & shallow water. Must be able to swim

Water Yoga

Location: Therapy Pool

Aqua yoga is a restorative form of yoga that adapts the postures and principles of yoga, including breathing and mindfulness, to the warm water therapy pool. Aqua yoga helps you improve your physical strength, flexibility, posture, body awareness, and stress reduction.

Non-Impact Water Aerobics– Beginner

Location: Main Pool

Class designed for the fitness needs of beginners, those recovering from surgery or stroke, those with MS &/or anyone seeking low-impact class. Held in shallow-end of lap pool using exercise equipment for all-over body toning, improved balance & flexibility, and stimulation of circulation.

Deep Water Motion -Advanced

Location: Main Pool

Focus is on cardiovascular fitness, overall strengthening, toning and range of motion. Emphasis on core strength, range of motion and toning of the body by performing high intensity exercises in both deep & shallow water, utilizing noodles and barbells. Must be able to swim.