



**REGIONAL YMCA**  
**WATER EXERCISE SCHEDULE**  
 Effective October 28 – December 19, 2024

**Registration is Required for All Water Aerobics Classes**

\$20 Registration Fee - Spaces Are Limited

Classes Highlighted in Yellow Are Open to Non-Members

\$60 Registration Fee for Non-Members

**Main Pool** - *\*subject to change without notice\**

| Monday   | Tuesday  | Wednesday  | Thursday   |
|--|--|--|--|
| <b>Deep &amp; Shallow</b><br>Intermediate<br>9:00 – 9:50am<br>Sujata     | <b>Deep &amp; Shallow</b><br>Advanced<br>9:00 – 9:50am<br>Susie                | <b>Deep &amp; Shallow</b><br>Intermediate<br>9:00 – 9:50am<br>Sujata     | <b>Deep &amp; Shallow</b><br>Advanced<br>9:00 – 9:50am<br>Susie                |
| <b>Deep Water Motion</b><br>Advanced<br>10:00 – 10:50am<br>Sujata        | <b>Deep &amp; Shallow</b><br>Intermediate/Advanced<br>10:00 – 10:50am<br>Susie | <b>Deep Water Motion</b><br>Advanced<br>10:00 – 10:50am<br>Sujata        | <b>Deep &amp; Shallow</b><br>Intermediate/Advanced<br>10:00 – 10:50am<br>Susie |
|  | <b>Strength &amp; Toning</b><br>Intermediate<br>11:00 – 11:55am<br>Janet       | <b>Non-Impact</b><br>Beginner<br>10:00 – 11:00am<br>Gary                 | <b>Strength &amp; Toning</b><br>Intermediate<br>11:00 – 11:55am<br>Janet       |
| <b>Cardio &amp; Strength</b><br>Intermediate<br>11:00 – 11:50am<br>Randi |  | <b>Cardio &amp; Strength</b><br>Intermediate<br>11:00 – 11:50am<br>Randi |  |
| <b>Deep Water Motion</b><br>Advanced<br>12:00 – 12:50pm<br>Susie         |  | <b>Deep Water Motion</b><br>Advanced<br>12:00 – 12:50pm<br>Susie         |  |
| <b>Water Workout</b><br>Intermediate<br>6:00 – 6:50pm<br>Shirley         | <b>Power Workout</b><br>Advanced<br>6:00 – 6:50pm<br>Cathi                     | <b>Water Workout</b><br>Intermediate<br>6:00 – 6:50pm<br>Shirley         | <b>Power Workout</b><br>Advanced<br>6:00 – 6:50pm<br>Cathi                     |

**Shallow Pool** - *\*subject to change without notice\**

| Monday  | Tuesday   | Wednesday   | Thursday  |
|---|---|---|---|
| <b>Toning &amp; Flexibility</b><br>Beginner<br>9:00 – 9:50am<br>Randi   | <b>Flexibility &amp; Strength</b><br>Beginner<br>10:00 – 10:55am<br>Janet | <b>Toning &amp; Flexibility</b><br>Beginner<br>9:00 – 9:50am<br>Randi   | <b>Flexibility &amp; Strength</b><br>Beginner<br>10:00 – 10:55am<br>Janet |
| <b>Toning &amp; Flexibility</b><br>Beginner<br>10:00 – 10:50am<br>Randi | <b>Work the Water</b><br>Beginner<br>11:00 – 11:50am<br>Susie             | <b>Toning &amp; Flexibility</b><br>Beginner<br>10:00 – 10:50am<br>Randi | <b>Work the Water</b><br>Beginner<br>11:00 – 11:50am<br>Susie             |
| <b>Work the Water</b><br>Beginner<br>11:00 – 11:50am<br>Susie           | <b>Water Yoga</b><br>Beginner<br>5:30 – 6:30pm<br>Dan                     | <b>Work the Water</b><br>Beginner<br>11:00 – 11:50am<br>Susie           |   |



You must register for all Water Exercise classes through Daxko.

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### **Main Pool Classes**

#### **Cardio and Strength – Intermediate**

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

#### **Deep and Shallow Water Aerobics – Beginner, Intermediate, & Advanced**

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 Water Motion – Advanced**

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.

#### **Non-Impact Water Aerobics – Beginner**

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.

#### **Power Workout – Advanced**

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 the water.

#### **Strength and Toning – Intermediate**

A deep and shallow workout using barbells and noodles, with strength moves, and cardio moves to tone muscles, and work on strengthening muscles. Must be able to swim.

#### **Water Workout – Intermediate**

An energized workout with non-stop movements of cardio and muscle conditioning. Using water to exercise muscles through resistance and buoyancy to improve cardio fitness, strength and flexibility.

### **Shallow Pool Classes**

#### **Flexibility and Strength – Beginner**

Low intensity exercises focusing on stretching, flexibility, balance, and strength. Using slow motion exercises with the use of barbells and noodles.

#### **Toning and Flexibility – Beginner**

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.

#### **Water Yoga – Beginner**

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.

#### **Work the Water – Beginner**

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.