



## REGIONAL YMCA WATER EXERCISE SCHEDULE

Winter Session: January 6 – February 23, 2025

### Registration is Required for All Water Aerobics Classes

Spaces Are Limited | Members: \$20 | Non-Members: \$60

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

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

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

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



## REGIONAL YMCA WATER EXERCISE DESCRIPTIONS

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**

#### **Barre Below – Beginner - NEW**

A fusion of ballet, dance, Pilates, and restorative exercises with breathing and mindfulness to help you improve your physical and mental wellbeing with a focus on flexibility, balance, stability, and strengthening through effective and easy stretching movement.

#### **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.