



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADD WATER FOR INSTANT FUN

## Water Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Shallow Water Classes</b>					
<b>Aqua Aerobics</b> 6:45-7:30 AM Tarsha		<b>Aqua Aerobics</b> 6:45-7:30 AM Tarsha		<b>Aqua Aerobics</b> 6:45-7:30 AM Tarsha	
<b>Aquacise</b> 7:30-8:15 AM Sue	<b>Aqua Blast</b> 7:00-8:00AM Stacy	<b>Aquacise</b> 7:30-8:15 AM Sue	<b>Aqua Blast</b> 7:00-8:00AM Stacy	<b>Aquacise</b> 7:30-8:15 AM Sue	
<b>Water Walking</b> 8:15-9:00 AM Cecelia	<b>Water Walking</b> 8:15-9:00 AM Sandra	<b>Water Walking</b> 8:15-9:00 AM Ceceilia	<b>Water Walking</b> 8:15-9:00 AM Sandra	<b>Water Walking</b> 8:15-9:00 AM Cecelia	
<b>Aqua Arthritis</b> 9:00-10:00 AM Zora	<b>Aqua Arthritis</b> 9:00-10:00 AM Zora	<b>Aqua Arthritis</b> 9:00-10:00 AM Zora	<b>Aqua Arthritis</b> 9:00-10:00 AM Zora	<b>Aqua Arthritis</b> 9:00-10:00 AM Zora	
<b>Energizers</b> 10:00-11:00 AM Laura		<b>Energizers</b> 10:00-11:00 AM Laura		<b>Energizers</b> 10:00-11:00 AM Laura	
	<b>Water Yoga</b> 11:00-11:45 AM Linda		<b>Water Yoga</b> 11:00-11:45 AM Linda		
<b>Fibromyalgia</b> 11:30 AM-12:15 PM Jane		<b>Fibromyalgia</b> 11:30 AM-12:15 PM Jane		<b>Fibromyalgia</b> 11:30 AM-12:15 PM Jane	
<b>Aqua-Arthritis Plus</b> 12:15-1:00 PM Wyn		<b>Aqua-Arthritis Plus</b> 12:15-1:00 PM Wyn		<b>Aqua-Arthritis Plus</b> 12:15-1:00 PM Wyn	
<b>Deep Water Classes</b>					
	<b>Cardio Splash</b> 6:00-7:00 AM Angela Kaye		<b>Cardio Splash</b> 6:00-7:00 AM Angela Kaye		
<b>Deep Water</b> 8:30-9:30 AM Meg	<b>Deep Water</b> 8:00-9:00 AM Sandra/Kathy	<b>Deep Water</b> 8:30-9:30 AM Meg	<b>Deep Water</b> 8:00-9:00 AM Sandra/Kathy	<b>Deep Water</b> 8:30-9:30 AM Meg	
<b>Deep Water</b> 9:30-10:30 AM Angela Kaye	<b>Deep Water</b> 9:00-10:00 AM Meg	<b>Deep Water</b> 9:30-10:30 AM Angela Kaye	<b>Deep Water</b> 9:00-10:00 AM Meg	<b>Deep Water</b> 9:30-10:30 AM Angela Kaye	
<b>Deep Water</b> 10:30-11:30 AM Debra	<b>Deep Water</b> 10:00-11:00 AM Debra	<b>Deep Water</b> 10:30-11:30 AM Debra	<b>Deep Water</b> 10:00-11:00 AM Debra	<b>Deep Water</b> 10:30-11:30 AM Debra	
<b>Aqua Combo</b> 6:00-8:00 PM Beth	<b>Tabata/Boot Camp Combo</b> 6:00-8:00 PM Tarsha	<b>Aqua Combo</b> 6:00-8:00 PM Beth	<b>Aqua Combo</b> 6:00-8:00 PM Beth		

**Classes accommodate all levels of intensity.** Water shoes recommended for Shallow Water Classes.

**Registration Information-** Please see reverse!

Contact Laura Brown, Aquatics Director at 336.387-9622 or [Laura.Brown@ymcagreensboro.org](mailto:Laura.Brown@ymcagreensboro.org) or [spearsymca.org](http://spearsymca.org) for more information.

YMCA Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

**Aqua Aerobics** – A moderate-to-high cardiovascular workout that combines water resistance exercises and aerobic activity for a total body workout. (M/W/F)

**Aqua Blast** – A great way to start your day! Deep/Shallow combination class that will jumpstart your cardiovascular workout, wake up your muscles with strengthening exercises, and end with morning stretching for maximum flexibility and range of motion (T/TH)

**Aquacise** – A mild cardiovascular workout using water resistance to improve range of motion, muscular strength, and flexibility. (M/W/F)

**Aqua Combo** – This class combines deep and shallow water exercise for a total workout. (M/W/TH)

**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. (T/TH)

**Deep Water** – A class geared to train your cardiovascular system as well as give you a total body workout with no impact. (M/W/F AND T/TH)

**Energizers** – 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. (M/W/F)

**Tabata/Boot Camp Combo** – High intensity deep water interval training. Blast calories and tone muscles using 360 degrees of resistance. Warm-up followed by a series of timed exercise sequences coordinated to music and finally a cool down. Class sessions will alternate between Tabata and Boot Camp. (T)

**Water Walking** – This class provides less impact than walking on land. The focus is on endurance, mobility, and therapeutic conditioning. (M/W/F AND T/TH)

**Water Yoga** – Ease anxiety & stress; improve muscle strength & flexibility while gently aligning the joints. Enhancing balance & strength while calming the mind. (T/TH)

### **Specialty Classes**

**Aqua-Arthritis** – A non-aerobic class designed to work each joint through its entire range of motion. In addition, to increase the general range of motion and strength in joints. (M/W/F AND T/TH)

**Aqua Arthritis Plus** – The standard arthritis class with an added low intensity aerobic workout. (M/W/F)

**\*Fibromyalgia** – Designed specifically for those suffering from Fibromyalgia and/or chronic pain. Class concentrates on muscular strength, flexibility, and aerobic exercise.

**(Monday, Wednesday, Friday)**

**Members \$14**

**Potential Members \$56**

**3 Days Per Week**

**Members \$18**

**Potential Members \$60**

**2 Days Per Week**

**Members \$14**

**Potential Members \$56**

**1 Day Per Week**

**Members \$8**

**Potential Members \$48**

\*See prices listed under class

**Registration Information– All classes are registered/paid monthly!**

Members: 15<sup>th</sup> through last day of month / Non-Members: 20<sup>th</sup> through last day of month

Must be registered by end of month. **A \$5 late fee will be applied on the 1<sup>st</sup>.**

Registration is on a first come, first serve basis.