



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADD WATER FOR INSTANT FUN

Water Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shallow Water Classes					
Aqua Aerobics 6:45-7:30 AM Wyn		Aqua Aerobics 6:45-7:30 AM Wyn		Aqua Aerobics 6:45-7:30 AM Wyn	
Aquacise 7:30-8:15 AM Sue	Aqua Blast 7:00-8:00AM Stacy	Aquacise 7:30-8:15 AM Sue	Aqua Blast 7:00-8:00AM Stacy	Aquacise 7:30-8:15 AM Sue	
Water Walking 8:15-9:00 AM Cecelia	Water Walking 8:15-9:00 AM Sandra	Water Walking 8:15-9:00 AM Ceceilia	Water Walking 8:15-9:00 AM Sandra	Water Walking 8:15-9:00 AM Cecelia	
Aqua Arthritis 9:00-10:00 AM Zora	Aqua Arthritis 9:00-10:00 AM Zora	Aqua Arthritis 9:00-10:00 AM Zora	Aqua Arthritis 9:00-10:00 AM Zora	Aqua Arthritis 9:00-10:00 AM Zora	
Energizers 10:00-11:00 AM Laura		Energizers 10:00-11:00 AM Laura		Energizers 10:00-11:00 AM Laura	
	Water Yoga 11:00-11:45 AM Linda		Water Yoga 11:00-11:45 AM Linda		
Fibromyalgia 11:30 AM-12:15 PM Jane		Fibromyalgia 11:30 AM-12:15 PM Jane		Fibromyalgia 11:30 AM-12:15 PM Jane	
Aqua-Arthritis Plus 12:15-1:00 PM Wyn		Aqua-Arthritis Plus 12:15-1:00 PM Wyn		Aqua-Arthritis Plus 12:15-1:00 PM Wyn	
Deep Water Classes					
	Cardio Splash 6:00-7:00 AM Angela Kaye		Cardio Splash 6:00-7:00 AM Angela Kaye		
Deep Water 8:30-9:30 AM Meg	Deep Water 8:00-9:00 AM Sandra/Kathy	Deep Water 8:30-9:30 AM Meg	Deep Water 8:00-9:00 AM Sandra/Kathy	Deep Water 8:30-9:30 AM Meg	
Deep Water 9:30-10:30 AM Angela Kaye	Deep Water 9:00-10:00 AM Meg	Deep Water 9:30-10:30 AM Angela Kaye	Deep Water 9:00-10:00 AM Meg	Deep Water 9:30-10:30 AM Angela Kaye	
Deep Water 10:30-11:30 AM Debra	Deep Water 10:00-11:00 AM Debra	Deep Water 10:30-11:30 AM Debra	Deep Water 10:00-11:00 AM Debra	Deep Water 10:30-11:30 AM Debra	
Aqua Combo 6:00-7:00 PM Beth	Tabata/Boot Camp Combo 6:00-7:00 PM Tarsha	Aqua Combo 6:00-7:00 PM Beth	Aqua Combo 6:00-7:00 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 or 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: 15th through last day of month / Non-Members: 20th through last day of month

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

Registration is on a first come, first serve basis.