



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADD WATER FOR INSTANT FUN



**Aquatic Group Exercise**

**2022 Ragsdale Family YMCA – updated January 2022**

## Group Exercise: Schedule and Descriptions

**ARTHRITIS:** This is a non- aerobic water fitness class designed to work each joint through its full range of motion. This class was developed by the Arthritis Foundation in cooperation with the YMCA of USA. Exercise intensity is low.

**Monday & Wednesday & Friday 9:15 AM** Instructor: Heather or Debbie

**Tuesday & Thursday 9:15 AM** Instructor: Katherine

**AQUA BLAST:** This shallow and deep-water combo fitness class has all the intensity, resistance, and aerobic activity you would want in a high impact workout! Exercise intensity is moderate to high.

**Tuesday & Thursday 5:30 PM** Instructor: Katherine

**DEEP WATER:** This class is done in the deep end of the pool, where strength training, abdominal work, and aerobic exercise are the focus areas! Participants must be able to swim or be comfortable enough to use a floatation device for the entire class. Exercise intensity is moderate.

**Monday & Wednesday & Friday 8:15 AM** Instructor: Heather and Debbie

**Tuesday & Thursday 8:15 AM** Instructor: Katherine

**SHALLOW POWER:** This shallow water fitness class combines water resistance exercises and aerobic activity for a total body workout. Exercise intensity is moderate.

**Tuesday and Thursday 10:15 AM** Instructor: Katherine

**Friday 10:15 AM 10:15am** Instructor: Debbie

**SILVERSNEAKERS SPLASH:** Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance, and coordination!

**Wednesday 10:15am** Instructor: Debbie

### Prices:

**Classes offered three days a week:** Members: \$20; Potential Members: \$60

**Classes offered two days a week:** Members \$14; Potential Members \$54

**Classes offered one day a week:** Members \$10; Potential Members \$50

Class schedule and instructors subject to change. Water Fitness classes are sold in monthly sessions. **Payment should be made before the 1<sup>st</sup> of the month and no later than the 9<sup>th</sup> to be on that month's roster.** We do not pro-rate or make up missed classes. Classes are 45 minutes. We take registrations for a month at a time.

One registration form needs to be completed annually. Please bring a towel with you, the Y does not provide pool towels, thanks for helping us to be green. Water shoes & a water bottle are highly recommended.

**If you have any questions or concerns please contact Justine Intiso, Aquatics Director, at 336-882-9622 or [Justine.Intiso@ymcagreensboro.org](mailto:Justine.Intiso@ymcagreensboro.org).**