



WATER EXERCISE



From high intensity aerobic training to low intensity arthritis workouts, there are a variety of water fitness classes designed for everyone at the YMCA.

Classes are offered Monday–Friday mornings and Tuesday/Thursday evenings.

Health Benefits of Water Exercise

- Improved balance
- Greater endurance
- Strengthened immune system
- Increased flexibility
- Increased metabolism
- Increased bone mass
- Reduces stress

Visit us in person or at ymcagreensboro.org to register for your free intro class today!

Schedule & Descriptions

Deep Water

Mon/Wed/Fri 8:15 AM & Tues/Thurs at 8:15 AM | Exercise intensity: Moderate
Done in the deep end of the pool, this class focuses on strength training, abdominal work, and aerobic exercise! Participants must be able to swim or be comfortable using a flotation device for the entire class.

Flex—Stretch—Flow

Mon/Wed/Fri 9:15 AM & Tues/Thurs at 9:15 AM | Exercise intensity: Low
Developed by the Arthritis Foundation in cooperation with the YMCA, this is a non-aerobic class designed to work each joint through its full range of motion.

Shallow Power

Tues/Thurs 10:15 AM & Tues/Thurs/Fri 10:15 AM | Exercise intensity: Moderate
This shallow water fitness class combines water resistance exercises with aerobic activity for a total body workout.

SilverSneakers Splash

Wed 10:15 AM | Exercise intensity: Moderate
Activate your urge for variety! SilverSneakers Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required.

Aqua Blast

Tues/Thurs at 5:30 PM | Exercise intensity: Moderate to high
This shallow and deep water combo fitness class has all the intensity, resistance, and aerobic activity you need in a high-impact workout!

Pricing (starting January 2023)

Classes offered 3 days a week: Members \$24 | Community Members \$64

Classes offered 2 days a week: Members \$18 | Community Members \$58

Classes offered 1 day a week: Members \$14 | Community Members \$54

Water Fitness classes are sold in monthly sessions and we take registrations one month at a time. Payment should be made before the 1st of the month and no later than the 9th to be on that month's roster.

We do not pro-rate or make up missed classes.

All classes are 45 minutes long. Class schedules and instructors vary.

Please bring your own towel. Water shoes and a water bottle are highly recommended.

Questions or concerns?

**Please contact Justine Intiso, Senior Aquatics Director
(336) 882-9622 | justine.intiso@ymcagreensboro.org**