



# 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](http://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!

## Combo Class —September-May (not offered June-August)

Thursdays at 1:00 PM | Exercise intensity: Moderate to high  
This new combo class features a little bit of everything—gentle flow, cardio, flexibility, balance, and strength! Come check it out starting March 2, 2023.

## Pricing

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

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

**Classes offered 1 day a week:** Members \$14 | Community Guest \$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. Talk to the front desk about setting up automatic monthly payments to secure your spot in class through the end of 2023 today!

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.**

**Please contact Justine Intiso, Senior Aquatics Director, with any questions or concerns.  
(336) 882-9622 | [justine.intiso@ymcagreensboro.org](mailto:justine.intiso@ymcagreensboro.org)**