



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

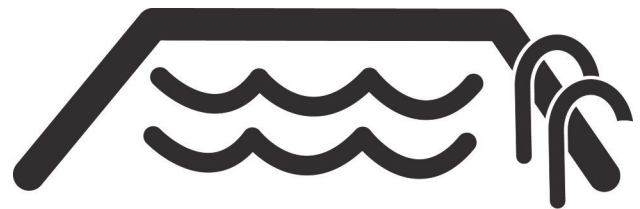
BE ACTIVE BE INVOLVED BELONG

Adult Water Fitness REIDSVILLE YMCA POOL

The Reidsville YMCA offers a variety of water fitness programs for every fitness level. Each class is designed to give your body a great workout while taking away the stress that comes with land-based experiences. These classes combine water resistance exercise with aerobic activity for a total body workout.

HOW TO REGISTER?

Stop by the front desk to register.



PUNCH CARD

Punch cards are issued once you register. Each card is good for 16 punches and expires within 60 days. You will hand your punch card to the lifeguard on duty who will keep track of your visits by punching your card each class you attend. Once your card is completed, the lifeguard will notify you to re-register for a new punch card. *Punch cards are REQUIRED for MWF classes only.

CLASS SCHEDULE AND PRICES ARE LOCATED ON THE BACK.



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WATER FITNESS SCHEDULE & FEES

DEEP IMPACT

This deep water class gives a total body aerobic workout with cardiovascular conditioning as well as strength training. Great for building stamina and helping with joints. Swimming ability is advised but not necessary. Float belts are worn by all participants.

Monday, Wednesday & Friday: 8:00AM-9:00AM

HYDROMANIA

This shallow water class combines water resistance exercises and aerobics activity for a total body workout. Exercise intensity is moderate.

Monday, Wednesday & Friday: 8:00AM- 9:00AM and 9:00AM-10:00AM

AQUA ARTHRITIS

This is a non-aerobic water exercise class designed to work each joint through its full range of motion. This class will help with complications associated with Arthritis, Multiple Sclerosis and Fibromyalgia.

Monday, Wednesday & Friday: 11:00AM-12:00PM

YMCA MEMBER: \$30.00

POTENTIAL MEMBER (IN CITY LIMITS): \$34.00

POTENTIAL MEMBER (OUTSIDE CITY LIMITS): \$42.00

SEASONAL CLASSES

SILVER SPLASH

This is a water fitness class offering a lot of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. **NO SWIMMING ABILITY IS REQUIRED.** A special kick board or hand weights are used to develop strength, balance, and coordination.

*Dates, times, and prices will vary based on instructor availability and length of program

AQUATIC BOOTCAMP

This is a high intensity, power packed 1-hour bootcamp that focuses on cardiovascular exercise and strength training in both shallow and deep water. Water shoes are recommended. The ability to swim is **NOT** required.

*Dates, times, and prices will vary based on instructor availability and length of program

AQUA ZUMBA

Take the Zumba phenomenon to the pool with this low impact, high energy workout

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