



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADD WATER FOR INSTANT FUN

## Alex W. Spears III Family YMCA- Water Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Shallow Water Classes</b>				
<b>Aqua Aerobics</b> 6:45-7:30 AM Wyn		<b>Aqua Aerobics</b> 6:45-7:30 AM Wyn		<b>Aqua Aerobics</b> 6:45-7:30 AM Wyn
<b>Aquacise</b> 7:30-8:15 AM Sue		<b>Aquacise</b> 7:30-8:15 AM Sue		<b>Aquacise</b> 7:30-8:15 AM Sue
<b>Water Walking</b> 8:15-9:00 AM Sandra	<b>Water Walking</b> 8:15-9:00 AM Sandra	<b>Water Walking</b> 8:15-9:00 AM Sandra	<b>Water Walking</b> 8:15-9:00 AM Sandra	<b>Water Walking</b> 8:15-9:00 AM Sandra
<b>Aqua Arthritis</b> 9:00-10:00 AM Zora	<b>Aqua Arthritis</b> 9:00-10:00 AM Zora	<b>Aqua Arthritis</b> 9:00-10:00 AM Zora	<b>Aqua Arthritis</b> 9:00-10:00 AM Zora	<b>Aqua Arthritis</b> 9:00-10:00 AM Zora
<b>Energizers</b> 10:00-11:00 AM Laura		<b>Energizers</b> 10:00-11:00 AM Laura		<b>Energizers</b> 10:00-11:00 AM Laura
<b>Multiple Sclerosis</b> 11:00-11:45 AM Wyn	<b>Water Yoga</b> 11:00-11:45 AM Linda	<b>Multiple Sclerosis</b> 11:00-11:45 AM Wyn	<b>Water Yoga</b> 11:00-11:45 AM Linda	<b>Multiple Sclerosis</b> 11:00-11:45 AM Wyn
<b>Fibromyalgia</b> 11:30 AM-12:15 PM Jane		<b>Fibromyalgia</b> 11:30 AM-12:15 PM Jane		<b>Fibromyalgia</b> 11:30 AM-12:15 PM Jane
<b>Aqua-Arthritis Plus</b> 12:15-1:00 PM Wyn		<b>Aqua-Arthritis Plus</b> 12:15-1:00 PM Wyn		<b>Aqua-Arthritis Plus</b> 12:15-1:00 PM Wyn
<b>Deep Water Classes</b>				
	<b>Cardio Splash</b> 6:00-7:00 AM Angela Kaye		<b>Cardio Splash</b> 6:00-7:00 AM Angela Kaye	
<b>Deep Water</b> 8:30-9:30 AM Meg	<b>Deep Water</b> 8:00-9:00 AM Kathy/Sandra	<b>Deep Water</b> 8:30-9:30 AM Meg	<b>Deep Water</b> 8:00-9:00 AM Kathy/Sandra	<b>Deep Water</b> 8:30-9:30 AM Meg
<b>Deep Water</b> 9:30-10:30 AM Angela Kaye	<b>Deep Water</b> 9:00-10:00 AM Meg	<b>Deep Water</b> 9:30-10:30 AM Angela Kaye	<b>Deep Water</b> 9:00-10:00 AM Meg	<b>Deep Water</b> 9:30-10:30 AM Angela Kaye
<b>Deep Water</b> 10:30-11:30 AM Debra	<b>Deep Water</b> 10:00-11:00 AM Debra	<b>Deep Water</b> 10:30-11:30 AM Debra	<b>Deep Water</b> 10:00-11:00 AM Debra	<b>Deep Water</b> 10:30-11:30 AM Debra
<b>Aqua Combo</b> 7:00-8:00 PM Beth	<b>Tabata/Boot Camp Combo</b> 7:00-8:00 PM Cass	<b>Aqua Combo</b> 7:00-8:00 PM Beth	<b>Aqua Combo</b> 7:00-8:00 PM Beth	

### Registration Information- All classes are registered/paid monthly!

Members: 15<sup>th</sup> through last day of month / Non-Members: 20<sup>th</sup> through last day of month

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

Registration is on a first come, first serve basis.

Contact Bethany Williard, Aquatics Director at 336.387-9622 or [Bethany.Williard@ymcagreensboro.org](mailto:Bethany.Williard@ymcagreensboro.org) or [spearsymca.org](http://spearsymca.org) for more information.

The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

**Classes accommodate all levels of intensity.** Water shoes recommended for Shallow Water Classes.

**Aqua Aerobics** - A moderate-to-high cardiovascular workout that combines water resistance exercises and aerobic activity for a total body workout.

**Aquacise** - A mild cardiovascular workout using water resistance to improve range of motion, muscular strength, and flexibility.

**Aqua Combo** - This class combines deep and shallow water exercise for a total workout.

**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.

**Deep Water** - A class geared to train your cardiovascular system as well as give you a total body workout with no impact.

**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.

**Morning in Motion** - Exercise energized with music for a fun fitness workout. Classes focus on objectives such as cardiovascular, strength, toning, endurance, balance & flexibility. We utilize shallow & deep water to promote overall wellness while using the properties of water to lessen the impact on our bodies.

**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.

**Water Walking** - This class provides less impact than walking on land. The focus is on endurance, mobility, and therapeutic conditioning.

**Water Yoga** - Ease anxiety & stress; improve muscle strength & flexibility while gently aligning the joints. Enhancing balance & strength while calming the mind.

### **Specialty Classes**

**Aqua-Arthritis** - A non-aerobic class designed to work each joint through its range of motion to increase range of motion and strength in joints.

**Aqua Arthritis Plus** - The standard arthritis class with an added low intensity aerobic workout.

**\*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 \$12**

**Potential Members \$57**

**\*Multiple Sclerosis** - A class designed for people with MS to help with daily functions. Workouts are designed to increase muscular strength and mobility. -Funded by the M.S. Foundation for those who qualify.

**(Monday, Wednesday, Friday)**

**Members \$12**

**Potential Members \$57**

**3 Days Per Week**

**Members \$18**

**Potential Members \$57**

**2 Days Per Week**

**Members \$12**

**Potential Members \$51**

**1 Day Per Week**

**Members \$6**

**Potential Members \$45**

\*See prices listed under class