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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADD WATER FOR INSTANT FUN



Aquatic Group Exercise

2018 Ragsdale Family YMCA – updated March 2018

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, 9:00 AM Instructor: Rhonda
Tuesday & Thursday 9:00 AM Instructor: Heather

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: Justine and Heather

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 8:00 AM Instructor: Rhonda

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

Tuesday & Thursday 7:00AM Instructor: Diane S.
Tuesday, Thursday & Friday 10:00 AM Instructor: Justine
Monday, Wednesday & Friday 7:00 AM Instructor: Diane S.

Class not included in All Access Pass:

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!

For non-SilverSneaker members, there will be a charge for class participants.

Wednesdays 10:15 AM Instructor: Rhonda

Group Exercise: 2018 Prices; effective April 2018

Classes offered three days a week: Members \$20; Potential Members \$40

Classes offered two days a week: Members \$14; Potential Members \$28

Classes offered one day a week: Members \$10; Potential Members \$14

All Access Pass: Members \$38; Potential Members \$70

*Please see previous page for classes included in All Access Pass

Drop-In Aquatic Group Exercise

If you are interested in trying a Water Exercise class you will receive one free class a year! This will allow all potential Water Exercise Participants to see how exercise in the water can be beneficial, therapeutic, and a great workout!

***Aqua Energizers or Silver Splash is not included in the drop-in program.**

Special Notes:

All registrations for current session MUST be paid by the 15th of each month! Late registrations require approval from Aquatics Director.

ONLINE REGISTRATION! Now you can register online for your Water Exercise Classes! Please note, online registration will end as same day as in house registration.

Class schedule and instructors subject to change. Water Fitness classes are sold in monthly sessions. **Payment should made before the 1st of the month and no later than the 15th to be on that month's roster.** We do not pro-rate or make up missed classes. Classes are 55 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@vmcaareensboro.org.