



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADD WATER FOR INSTANT FUN

Water Fitness Schedule

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

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

Registration Information- Please see reverse!

Contact Laura Brown, Aquatics Director at 336.387-9622 or Laura.Brown@ymcagreensboro.org or spearsymca.org for more information.

YMCA Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Aqua Aerobics – A moderate-to-high cardiovascular workout that combines water resistance exercises and aerobic activity for a total body workout. (M/W/F)

Aqua Blast – A great way to start your day! Deep/Shallow combination class that will jumpstart your cardiovascular workout, wake up your muscles with strengthening exercises, and end with morning stretching for maximum flexibility and range of motion (T/TH) *****NEW*****

Aquacise – A mild cardiovascular workout using water resistance to improve range of motion, muscular strength, and flexibility. (M/W/F)

Aqua Combo – This class combines deep and shallow water exercise for a total workout. (M/W/TH)

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. (T/TH)

CrossCurrent – A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. (T/TH) *****NEW*****

Deep Water – A class geared to train your cardiovascular system as well as give you a total body workout with no impact. (M/W/F AND T/TH)

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. (M/W/F)

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. (T)

Water Walking – This class provides less impact than walking on land. The focus is on endurance, mobility, and therapeutic conditioning. (M/W/F AND T/TH)

Water Yoga – Ease anxiety & stress; improve muscle strength & flexibility while gently aligning the joints. Enhancing balance & strength while calming the mind. (T/TH)

Specialty Classes

Aqua-Arthritis – A non-aerobic class designed to work each joint through its entire range of motion. In addition, to increase the general range of motion and strength in joints. (M/W/F AND T/TH)

Aqua Arthritis Plus – The standard arthritis class with an added low intensity aerobic workout. (M/W/F)

***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

Registration Information– All classes are registered/paid monthly!

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

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

Registration is on a first come, first serve basis.