



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADD WATER FOR INSTANT FUN

## Water Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>Aqua Blast</b> 7:00-8:00AM Stacy	<b>Aquacise</b> 7:30-8:15 AM Sue	<b>Aqua Blast</b> 7:00-8:00AM Stacy	<b>Aquacise</b> 7:30-8:15 AM Sue	
<b>Water Walking</b> 8:15-9:00 AM Cecelia	<b>Water Walking</b> 8:15-9:00 AM Sandra	<b>Water Walking</b> 8:15-9:00 AM Ceceilia	<b>Water Walking</b> 8:15-9:00 AM Sandra	<b>Water Walking</b> 8:15-9:00 AM Cecelia	
<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 Yahaira	<b>CrossCurrent</b> 10:00-11:00AM Yajaira	<b>Energizers</b> 10:00-11:00 AM Yahaira	<b>CrossCurrent</b> 10:00-11:00AM Yajaira	<b>Energizers</b> 10:00-11:00 AM Yahaira	
<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 Sandra/Kathy	<b>Deep Water</b> 8:30-9:30 AM Meg	<b>Deep Water</b> 8:00-9:00 AM Sandra/Kathy	<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>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	<b>Aqua Combo</b> 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](mailto:Laura.Brown@ymcagreensboro.org) or [spearsymca.org](http://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. (T/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. (M)

**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: 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.