



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADD WATER FOR INSTANT FUN

## Water Fitness Schedule – November 2020

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday |
|---|---|---|---|---|----------|
| <b>Shallow Water Classes</b>                        |   |   |   |   |          |
| <b>Aqua Aerobics</b><br>6:00-6:45 AM<br>Wyn         |   | <b>Aqua Aerobics</b><br>6:00-6:45 AM<br>Wyn         |   | <b>Aqua Aerobics</b><br>6:00-6:45 AM<br>Wyn         |          |
| <b>Aquacise</b><br>7:00-7:45 AM<br>Sue              | <b>Aqua Blast</b><br>7:00-7:45AM<br>Stacy           | <b>Aquacise</b><br>7:00-7:45 AM<br>Sue              | <b>Aqua Blast</b><br>7:00-7:45AM<br>Stacy           | <b>Aquacise</b><br>7:00-7:45 AM<br>Sue              |          |
| <b>Water Walking</b><br>8:00-8:45AM<br>Cecelia      | <b>Water Walking</b><br>8:00-8:45 AM<br>Sandra      | <b>Water Walking</b><br>8:00-8:45 AM<br>Ceceilia    | <b>Water Walking</b><br>8:00-8:45 AM<br>Sandra      | <b>Water Walking</b><br>8:00-8:45AM<br>Cecelia      |          |
| <b>Aqua Arthritis</b><br>9:00-9:45AM<br>Zora        | <b>Aqua Arthritis</b><br>9:00-9:45 AM<br>Zora       | <b>Aqua Arthritis</b><br>9:00-9:45 AM<br>Zora       | <b>Aqua Arthritis</b><br>9:00-9:45 AM<br>Zora       | <b>Aqua Arthritis</b><br>9:00-9:45 AM<br>Zora       |          |
| <b>Energizers</b><br>10:00-10:45 AM<br>Laura        |   | <b>Energizers</b><br>10:00-10:45 AM<br>Laura        |   | <b>Energizers</b><br>10:00-10:45 AM<br>Laura        |          |
| <b>Fibromyalgia</b><br>11:00-11:45 AM<br>Jane       | <b>Water Yoga</b><br>11:00-11:45 AM<br>Tabitha      | <b>Fibromyalgia</b><br>11:00-11:45 AM<br>Jane       | <b>Water Yoga</b><br>11:00-11:45 AM<br>Tabitha      | <b>Fibromyalgia</b><br>11:00-11:45 AM<br>Jane       |          |
| <b>Aqua-Arthritis Plus</b><br>12:00-12:45 PM<br>Wyn |   | <b>Aqua-Arthritis Plus</b><br>12:00-12:45 PM<br>Wyn |   | <b>Aqua-Arthritis Plus</b><br>12:00-12:45 PM<br>Wyn |          |
| <b>Deep Water Classes</b>                           |   |   |   |   |          |
|   | <b>Cardio Splash</b><br>6:00-7:00 AM<br>Angela Kaye |   | <b>Cardio Splash</b><br>6:00-7:00 AM<br>Angela Kaye |   |          |
| <b>Deep Water</b><br>8:00-8:45 AM<br>Meg            | <b>Deep Water</b><br>8:00-8:45 AM<br>Sandra/Kathy   | <b>Deep Water</b><br>8:00-8:45 AM<br>Meg            | <b>Deep Water</b><br>8:00-8:45 AM<br>Sandra/Kathy   | <b>Deep Water</b><br>8:00-8:45 AM<br>Meg            |          |
| <b>Deep Water</b><br>9:00-9:45AM<br>AK              | <b>Deep Water</b><br>9:00-9:45 AM<br>Meg            | <b>Deep Water</b><br>9:00-9:45AM<br>AK              | <b>Deep Water</b><br>9:00-9:45 AM<br>Meg            | <b>Deep Water</b><br>9:00-9:45AM<br>AK              |          |
| <b>Deep Water</b><br>10:00-10:45 AM<br>Debra        | <b>Deep Water</b><br>10:00-10:45 AM<br>Debra        | <b>Deep Water</b><br>10:00-10:45 AM<br>Debra        | <b>Deep Water</b><br>10:00-10:45 AM<br>Debra        | <b>Deep Water</b><br>10:00-10:45 AM<br>Debra        |          |
| <b>Aqua Combo</b><br>6:00-6:45 PM<br>Beth           | <b>Tabata/Boot Camp</b><br>6:00-6:45 PM<br>Cass     | <b>Aqua Combo</b><br>6:00-6:45 PM<br>Beth           | <b>Aqua Combo</b><br>6:00-6:45 PM<br>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)

**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)

**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

**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

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.