

# Water Aerobics / Arthritis Exercise Schedule

Winter 1 Class Schedule: October 31st - January 3, 2009



Winter 2 Class Schedule will  
 be out  
 January 3rd!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:45 a.m. Arthritis Exercise Warm Pool		7:00-7:45 a.m. Arthritis Exercise Warm Pool		7:00-7:45 a.m. Arthritis Exercise Warm Pool	7:30-8:15 a.m. Arthritis Exercise Warm Pool	Looking to vary your work out? Check out our LAND AEROBICS schedule!
8:00-8:45 a.m. Arthritis Exercise Warm Pool	8:00-8:45 a.m. Arthritis Exercise Warm Pool	8:00-8:45 a.m. Arthritis Exercise Warm Pool	8:00-8:45 a.m. Arthritis Exercise Warm Pool	8:00-8:45 a.m. Arthritis Exercise Warm Pool		
8:00-9:00 a.m. Morning Fitness Lap Pool	9:30-10:30 a.m. Deep Water Power Pump Lap Pool	8:00-9:00 a.m. Morning Fitness Lap Pool	9:30-10:30 a.m. Deep Water Power Pump Lap Pool	8:00-9:00 a.m. Morning Fitness Lap Pool		
		9:30 - 10:30 a.m. SilverSplash© Lap Pool		<p><b>ALL WATER AEROBICS CLASSES ARE FREE WITH A YMCA MEMBERSHIP</b></p> <p><b>NON MEMBERS MAY PURCHASE MONTHLY PASSES: WATER AEROBICS PASS - \$25/MONTH WATER &amp; LAND AEROBICS - \$45/MONTH</b></p>		
5:15-6:00 p.m. Arthritis Exercise Warm Pool		5:15-6:00 p.m. Arthritis Exercise Warm Pool				
6:00-7:00 p.m. Deep Water Power Pump Lap Pool		6:00-7:00 p.m. Deep Water Power Pump Lap Pool				

## Class Discription



**Arthritis Exercise** - Arthritis Foundation water workouts presented by a certified Arthritis Foundation Instructor. This recreational program includes exercises to improve the participant's overall function and performance of daily task, mobility, gait, independence, flexibility, balance and coordination. Low intensity endurance such as walking is included to prevent chilling.

**Aqua Power** - A high intensity predominately shallow water running and cardiovascular interval class designed to burn 500-700 calories in one hour and target glutes, quads and abdominals.

**Deep Water Power Pump** - High intensity total body conditioning - cardiovascular and muscular strengthening, toning and stretching all in deep water. This class provides an opportunity to perform exercises without straining. Great for circulation and improving overall fitness and well being. Flotation belts and water resistance equipment will be used.

**Morning Fitness** - Start your days off right with a great, fun workout! Aerobic conditioning is what this class is all about.

**SilverSplash©** - A water version of our popular SilverSneakers© fitness classes. This class offers shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special SilverSplash© kickboard is used for strength, balance and coordination.