



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hamilton Family YMCA Water Aerobics Schedule

Effective 2/5/2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---------------|
| 5:15am-6am Hydro Fit DEEP | 5:15am-6am Hydro Fit DEEP | 5:15am-6am Hydro Fit DEEP | 5:15am-6am Hydro Fit DEEP | 5:15am-6am Hydro Fit DEEP | No Classes |
| 9am-10am Water Fit SHALLOW | 9am-10am Water Fit SHALLOW | 9am-10am Water Fit SHALLOW | 9am-10am Water Fit SHALLOW | 9am-10am Water Fit SHALLOW | |
| 10am-11am Hydro Fit DEEP | 10am-11am Hydro Fit DEEP | 10am-11am Hydro Fit DEEP | 10am-11am Hydro Fit DEEP | 10am-11am Hydro Fit DEEP | SUNDAY |
| 11:15am-12pm Water Fit SHALLOW | 5pm-5:45pm Water Fit SHALLOW | 11:15am-12pm Water Fit SHALLOW | 5pm-5:45pm Water Fit SHALLOW | 11:15am-12pm Water Fit SHALLOW | No Classes |
| 12:15pm-1pm Senior Splash SHALLOW | 6:30pm-7:30pm Hydro Fit DEEP | 12:15pm-1pm Senior Splash SHALLOW | 6:30pm-7:30pm Hydro Fit DEEP | 12:15pm-1pm Senior Splash SHALLOW | |
| 6pm-7pm Hydro Fit DEEP | | 6pm-7pm Hydro Fit DEEP | | | |

Class Descriptions

The Hamilton Family YMCA Water Fit classes last 45 or 60 minutes each and are categorized into one of three intensity/impact levels: **High (H)**, **Moderate (M)**, and **Low (L)**. Please select the class that is right for you in attaining your goals for a healthy Mind, Body, and Spirit.

Senior Splash (L, M):

Activate your aqua exercise urge for variety! Senior Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and special equipment is used to develop strength, balance and coordination. Easy entry stairs are provided for getting in and out of the pool. It is not necessary to get your face wet or have any swimming skills

Hydro Fit (M, H):

This is a higher-intensity class that will help improve cardiovascular fitness, stability, strength and flexibility by using resistance and pressures from the water that are not found in land-based exercises. This class utilizes a variety of water depths throughout the workout.

Water Fit (M, H):

This class is a moderate-impact, full-body workout that uses a combination of cardiorespiratory and muscle-conditioning exercises that is designed to increase flexibility, range of motion, strength, muscle tone and cardiovascular endurance.

Schuyler Colling, Aquatics Director
Hamilton Family YMCA

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