

WATER FITNESS

NORTH RIVER FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Schedule 2017	7:30am Deep Water (Elizabeth K) Lap Pool		7:30am Deep Water (Melissa) Lap Pool		7:30am Deep Water (Melissa) Lap Pool	
Schedule is subject to change						
Multiple activities are often scheduled in this pool at the same time.	9:00am Hydro Fit (Melinda) Lap Pool	9:00am Aqua Fit (Melinda) Lap Pool	9:00am Hydro Fit (Sandra M.) Lap Pool		9:00am Hydro Fit (Sandra M.) Lap Pool	9:00am Deep Water (Daisy) Lap Pool
Swimming Tips Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.		9:30am Water Range of Motion (Barbara J) Warm Pool		9:30am Water Range of Motion (Barbara J) Warm Pool		
	10:30am Water Range of Motion (Melissa) Warm Pool	10:30am Functional Fit (Barbara V) Warm Pool	10:30am Water Range of Motion (Daisy) Warm Pool	10:30am Functional Fit (Barbara V) Warm Pool	10:30am Water Range of Motion (Daisy) Warm Pool	10:00am Functional Fit (Ann) Warm Pool
		11:30am Water Tai-Chi (Bobby) Warm Pool			11:30am Water Tai-Chi (Bobby) Warm Pool	
	5:00pm Water Range of Motion (Ann) Warm Pool	5:00pm Water Range of Motion (Ann) Warm Pool	5:00pm Water Range of Motion (Ann) Warm Pool	5:00pm Water Range of Motion (Ann) Warm Pool		
	6:00pm Water Zumba (Brittany)		6:00pm Water Zumba (Brittany)			

Class Description:

- **Active Adult:** Utilizes special exercises to include strength training, low impact cardio, stretching, and flexibility. This class is an excellent opportunity to meet community members and attend socials outside the Y.
- **Deep Water:** An intermediate water fitness class geared toward those who want to maintain an above average aerobic fitness level. The class will be held in the deep end of the pool at least 7 feet deep. This class is a water combo class that utilizes a combination of different water fitness exercises at a moderate to above average level.
- **Water Circuit:** This class incorporates a variety of exercises and tools to give you a great workout! Strength training and flexibility exercises are also included in this class. A high energy work out without the high impact of the land aerobics. This boot camp like style class uses the entire length of the pool. Some basic swim strokes are included in the exercises.
- **Range of Motion:** a non-cardio class designed to maintain flexibility and strength in arthritic joints, fibromyalgia, and post therapy patients are encouraged to attend this class.
- **Aqua Fit:** This class will concentrate on toning and strengthening both upper and lower body by using a variety of equipment and water depths to maximize resistance. This class is for all ages and fitness levels.
- **Hydro Fit:** Try this high-intensity class that will maximize your calorie burn by concentration on intensity, cardio moves and muscle work by using a variety of equipment and depths.
- **Functional Fit:** An aquatic class designed for people who are looking for gradual approach to exercise. This class will benefit members recovering from surgery, those with chronic disease, cancer patients, or anyone who has been inactive for a period of time.
- **Aqua Zumba:** Get moving in the water to some upbeat music. There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
- **Water Tai-Chi:** Adapting Tai Chi works for the aquatic environment. This class is often described as "mediation in motion" but it might as well be called "medication in motion". A slow moving, non-contact form of martial arts • May help reduce blood pressure, blood sugar and treat neuropathy associated with diabetes • Improves balance, quality of sleep and mental focus • Helps strengthen legs and correct posture • Increases flexibility and bone density **GENTLE- ALL LEVELS**