

WATER FITNESS

YMCA HEALTHY LIVING CENTER AT NORTH RIVER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am		7:30am		7:30am	
Deep Water (Kim)		Deep Water (Melissa)		Deep Water (Kim)	
Lap Pool		Lap Pool		Lap Pool	

Pool Schedule 2018

Schedule is subject to change

Multiple activities are often scheduled in this pool at the same time.

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.

9:00am		9:00am		9:00am	9:00am
Hydro Fit (Melinda)		Hydro Fit (Sandra)		Hydro Fit (Sandra)	Deep Water (Daisy)
Lap Pool		Lap Pool		Lap Pool	Lap Pool
9:30am	9:30am	9:30am	9:30am	9:30am	
Water	Water Range	Water	Water Range	Water	
Walking (Jeannie)	of Motion (Jeannie)	Walking (Jeannie)	of Motion (Jeannie)	Walking (Jeannie)	
Warm Pool	Warm Pool	Warm Pool	Warm Pool	Warm Pool	
10:30am	10:30am	10:30am	10:30am	10:30am	10:00am
Water Range of Motion (Melissa)	Functional Fit (Barbara V)	Water Range of Motion (Daisy)	Functional Fit (Barbara V)	Water Range of Motion (Daisy)	Functional Fit (Ann)
Warm Pool	Warm Pool	Warm Pool	Warm Pool	Warm Pool	Warm Pool
	11:30am			11:30am	
	Water Ta-Chi (Judy) Warm Pool			Water Ta-Chi (Judy) Warm Pool	

5:00pm	5:00pm	5:00pm	5:00pm	
Water Range of Motion (Ann)	Water Range of Motion (Ann)	Water Range of Motion (Ann)	Water Range of Motion (Ann)	
Warm Pool	Warm Pool	Warm Pool	Warm Pool	
6:00pm			6:00pm	
Water Zumba (Brittany)			Water Zumba (Brittany)	
Warm Pool			Warm Pool	

Class Description:

- **Water Walking:** Basic; low-impact workout using the natural resistance of the water to strengthen core muscles, increase balance, coordination, and flexibility. It is a great class for those just starting an exercise program or those interested in water exercise.

- **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.

- **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 "meditation 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