

WATER EXERCISE SCHEDULE

APRIL

WEST CABARRUS YMCA



MONDAY

Time Class Instructor Location Level

AM Classes

6-6:45am	Power Plunge	Laura S	Family	ALL
8:30-9:30am	Cardio Deep	Arlene	Lap	3
8:30-9:30am	Aqua Cardio	Joy	Family	2
9:30-10:30am	Power H2O	Arlene	Family	3
11:30-12:30pm	Aqua Easy	Betsy	Family	1

PM Classes

6:45-7:45pm *No class on Mar 20	Aqua Conditioning	Kim	Family	ALL
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TUESDAY

Time Class Instructor Location Level

AM Classes

8:30-9:30am	Water Workout	Dee Dee	Lap	2
9:30-10:30am	Aqua Cardio	Arlene	Family	2
10:30-11:30am	Water Walking	Arlene	Family	1
11:30-12:30pm	Aqua Easy	Betsy	Family	1

PM Classes

6:45-7:45pm	Power Plunge	Kim	Family	ALL
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WEDNESDAY

Time Class Instructor Location Level

AM Classes

6-6:45am	Power Plunge	Arlene	Family	ALL
8:30-9:30am	Cardio Deep	Chris	Lap	3
8:30-9:30am	Tai Chi	Jim	Family	ALL
9:30-10:30am	Aqua Fusion	Dee Dee	Family	2
10:30-11:30am	Water Walking	Dee Dee	Family	1

THURSDAY

Time Class Instructor Location Level

AM Classes

9:30-10:30am	Power H2O	Rotation	Family	3
10:30-11:30am	Water Walking	Dee Dee	Family	1
11:30-12:30pm	Aqua Easy	Betsy	Family	1

PM Classes

6:45-7:45pm	Power Plunge	Joy	Family	ALL
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FRIDAY

Time Class Instructor Location Level

AM Classes

6-6:45am	Power Plunge	Suzie	Family	ALL
8:30-9:30am	Water Workout	Chris	Lap	2
8:30-9:30am	Tai Chi	Jim	Family	ALL
9:30-10:30am	Aqua Fusion	Dee Dee	Family	2
10:30-11:30am	Aqua Easy	Dee Dee	Family	1

SATURDAY

Time Class Instructor Location Level

AM Classes

8:15-9am	Aqua Conditioning	Rotation	Family	ALL
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INTRO TO WATER FITNESS

Thursday, April 27, 10:30-11:30am - Karen

This class is for all new water fitness participants and teaches basic water moves and fundamental exercises. This class is highly recommended for new water exercisers, individuals with special conditions, post physical therapy and pregnant women. Participant exercises at his or her own pace.

WE ENCOURAGE ALL PARTICIPANTS TO WEAR WATER SHOES AND TO BRING A BOTTLE OF WATER TO CLASS.



CLASS DESCRIPTIONS

ALL LEVELS: FUN FOR EVERYONE

AQUA CONDITIONING – An invigorating and fun class with an emphasis on improving your cardiovascular and muscular endurance. Everyone is encouraged to work at his or her own level.

POWER PLUNGE – This is a medium-impact, moderate-intensity exercise program that incorporates a total-body workout and includes cardiovascular conditioning, muscle toning, abdominal exercises and stretching. Participant exercises at his or her own individual pace.

TAI CHI – A graceful form of water exercises performed in a slow, focused manner and accompanied by deep breathing.

LEVEL 1: BEGINNER

AQUA EASY – This is a low-impact, total-body conditioning program, which targets new water exercisers or those with exercise limitations. The combination of aerobic, strengthening and stretching exercises can offer both comfort and challenge to a variety of ability levels. Water Walking and/or Intro to Water Fitness are highly recommended before starting this class.

AQUA STRETCH – This class combines the soothing qualities of warm water with the basic elements of a stretching class. Using gentle isometric exercises, which promote strength, flexibility and stress reduction, the class offers an ultimate pairing of dynamic and static stretching. This is ideal for beginners, those with arthritis and those who are working beyond physical therapy.

WATER WALKING – This class is for all new water fitness participants, teaching basic water walking moves which serve as a foundation for water fitness. This class is highly recommended for new water exercisers, individuals with special conditions, post rehab and pregnant women. Participant exercises at his or her own pace.

LEVEL 2: INTERMEDIATE

AQUA CARDIO – This is a low-to-medium impact (yet awesome) cardio workout. Class participants will use noodles and dumbbells to build core strength and stabilization. Everyone is encouraged to work at his or her own level.

AQUA FUSION – Engage in exercises that move from large muscle groups to cardio actions through water, focusing on total-body conditioning. The class is fast and fun, while allowing each participant to exercise at his or her own pace.

WATER WORKOUT – This is a low-impact, moderate-to-higher intensity exercise program with special attention to overall strengthening. This total-body workout includes cardiovascular conditioning, muscle toning, abdominal exercises and stretching.

LEVEL 3: ADVANCED

CARDIO DEEP – This is a low-impact, yet intense, cardiovascular deep-water class. Participants will use floatation belts, noodles and dumbbells to build core strength and stabilization. Everyone is encouraged to work at his or her own level. This class is not recommended for new exercisers, post rehab or pregnant women.

POWER H₂O – This is a medium-to-high impact, high-intensity aerobic conditioning class that is combined with higher intensity resistance exercises. It employs buoyant equipment, dumbbells and other apparatus to combine cardiovascular training, total-body conditioning and core strengthening. This class is not recommended for new exercisers, post rehab or pregnant women.

AQUATICS PERSONAL TRAINING

Aquatics Personal Training consists of 60-minute sessions in the pool with a certified Water Fitness Instructor who will design an individualized program just for you. Whether your goal is to increase strength, build endurance, increase range-of-motion, lose weight or diversify your workout routine, we have a personalized approach just for you.

REGISTRATION

Members: Can register anytime!

CONTACT

704.795.9622 ext. 218
or tlarish@cannonymca.org

COST

1 Session \$45
6 Sessions \$225
12 Sessions \$360
24 Sessions \$650

Receive 1 **FREE** Session per 6 purchased

