



We build strong kids, strong families, strong communities.

Your Downtown YMCA
Summer/Fall WATER AEROBICS CLASS SCHEDULE
Effective Jan.- May 2010

Monday	Tuesday	Wednesday	Thursday	Friday
7:15-8:00am Water Aerobics		7:15-8:00am Water Aerobics		7:15-8:00am Water Aerobics
9:30-10:15am Aquacise	9:30-10am Deep End Water Aerobics	9:30-10:15am Aquacise	9:30-10am Deep End Water Aerobics	9:30-10:15am Aquacise
10:30-11:15am Arthritis Foundation Class		10:30-11:15am Arthritis Foundation Class		10:30-11:15am Arthritis Foundation Class
5:45-6:30pm Family Water Aerobics		5:45-6:30pm Water Aerobics		

Water Aerobics (M/W/F 7:15am):

Upbeat, moderate-intensity cardio workout designed for those seeking an early morning aerobic workout.



Aquacise (M/W/F 9:30):

Light Impact. Increases flexibility and strength. Water walking and some aerobics included, designed for all ages and all abilities.



Arthritis Foundation Aquatics (M/W/F 10:30am):

This program provides those with arthritis a gentle exercise in a warm water pool under the guidance of a professional personnel. Great for those without arthritis seeking a gentle, non-impact workout.



Family Water Aerobics (Mon. 5:45pm):

Make this a family exercise night! This class will have fun, creative ways for everyone to get a great workout. You can workout as lightly or as intensely as you choose while spending quality time with your family. Ages 7+



Deep End Water Aerobics (Th 9:30am):

Upbeat, moderate-intensity cardio workout designed specifically for the deep end only. It's a great 30 minute cardio workout with no impact.



= intensity of class. The more the hearts, the more intense the class can be!

Always remember, the great thing about water aerobics is that you can always go at your own pace. Please always feel free to ask questions. We look forward to seeing you!

Contact Information: Dianna Schuman, Aquatics Director
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