



AQUATICS FITNESS CLASS SCHEDULE AND DESCRIPTIONS

Caroline Family YMCA May 1-May 30

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
Pool	Exercise	Therapy	Exercise	Therapy	Exercise	Therapy	Exercise	Therapy	Exercise
8:00 - 8:30a			Aquacise 8-9am (Sandra)		Aqua Boot Camp 8-9am (Christina)		Aquacise 8-9am (Sandra)		Aqua Zumba or Aquacise 8-9am (Christina or Heather)
8:30- 9:00a	8:15 Aqua Tabata 2nd & 4th Mondays only 9-9:30								
9:00 - 9:30a		Warm Water Toning Arms & Legs 9-10am (Sandra)		Joint Therapy 9-10am (Sandra)	Hydrocycle 9-10am (Christina)	Warm Water Toning Hips & Shoulders 9-10am		Joint Therapy 9-10am (Sandra)	Out of the Box Lanes 4-6 9-10am (Christina or Heather)
9:30- 10:00a	Aquacise 9:30- 10:30am (Tiffany)						Aquacise 9:30- 10:30am (Tiffany)		
10:00- 10:30a		Core and More 10-11am (Sandra)		Joint Therapy 10-11am (Sandra)		Core and more 10-11am (Sandra)		Joint Therapy 10-11am (Sandra)	Aquacise Lanes 1-2 9:30-10:30am (Tiffany)
10:30- 11:00a	Core and More 10:35- 11:30am (Tiffany)						Deep Water 10:35- 11:20am (Tiffany)		
11:00- 11:30a				Arthritis 11-12pm (Sandra)				Arthritis 11-12pm (Sandra)	Paddleboard Fitness Lanes 5 & 6 10:30-11:00am 11:00-11:30am (Cheryl)
11:30- 12:00p									
EVENING CLASSES									
6:00- 6:45p			Aqua Zumba 6-6:45 (Deborah)				Aquacise 6:00-7:15 (Heather)		
7:15- 7:45p							Paddleboard Fitness 7:20-7:50 (Heather)		

Participants ages 13-15 must attend with a guardian.

Updated: 05/01/2017

AQUATICS FITNESS – CLASS DESCRIPTIONS

AQUACISE: This is a low impact shallow water class that is designed to promote joint flexibility, range of motion and agility while building cardiovascular fitness and muscle strength. The class is self-regulating: you determine the intensity anywhere from light to strenuous. Swimming ability is not required.

PADDLEBOARD FITNESS: This class is offered in 4 or 6 week sessions and requires registration and payment for each session. Not your average Yoga! This class offers core work and strengthening for your whole body while laying, kneeling, squatting or standing on the paddleboard. Participants need to feel comfortable going under water. Please wear appropriate clothing/swimwear and bring a change of clothing and towel.

DEEP WATER: This deep water class offers the ability to strengthen and tone muscles with no impact. The class is fun, safe and versatile for any fitness level. Aqua-belts are provided and highly encouraged to be worn. Participants should be comfortable in deep water.

AQUA TABATA: Tabata is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple yet intense exercises allows each class to blast away the calories and increase resting metabolic rate in short amounts of time. Whether your goal is muscle tone, weight loss, cross training, or just some fun, this class will help you get there.

AQUA ZUMBA®: Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. This class takes place in the shallow end of the Exercise pool.

HYDROCYCLE: Enjoy the benefits of a cycle class without the stress on knee & hip joints. The buoyant property of water will keep you comfortable on the supportive noodle while the water's resistive property will help to strengthen your legs. 30-40 minutes cardio conditioning with 5-10 minutes strength exercises. An invigorating & fun workout!

AQUA BOOT CAMP: This high intensity water fitness workout will improve your cardiovascular fitness, increase strength and endurance and improve flexibility. Prepare for some intense movements to get in shape and achieve maximum results through this fun and challenging total body workout that provides minimum impact on joints!

AQUA RUN: A high intensity shallow and deep water class that is designed to challenge you! This class offers primarily a cardio workout. Running in the water will add resistance and strengthen your legs, all while providing a low impact break for your joints. Aqua-belts are provided and highly encouraged to be worn. Participants should be comfortable in deep water.

CORE AND MORE: A core focused class designed to increase tone, strength and stamina. Using kickboards, bells and noodles, this class has a progressive approach that allows beginners to improve at their own pace while giving advanced users a complete workout as well.

OUT OF THE BOX: Instructor's choice of the type of class. Will not be stand up paddleboard yoga, or Aqua Tabata.

ARTHRITIS (THERAPY POOL): Gentle exercise designed for persons with physical limitations such as back problems, arthritis or Fibromyalgia. Will help increase flexibility and improve circulation, balance and muscle tone. These classes are taught by instructors certified through the AEA Arthritis Group.

WARM WATER JOINT THERAPY: A low intensity class that provides gentle motion & exercises to increase flexibility, range of motion, muscular strength, endurance & balance. The majority of the class is done in waist to chest height water.

WARM WATER TONING (THERAPY POOL): This class is very similar to Bells & Noodles. Benefits of this class include flexibility, muscular strength and balance. We will be using equipment throughout the entire class. We encourage individuals who have joint and muscle issues to consult with their physician before beginning this class. Water dumbbells and noodles will be used.

Participants must be 18 years or older in the Therapy pool and 14 and older with an adult in the Exercise pool.