

Water Fitness Class Description

Aqua Aerobics

A mild cardiovascular workout in the shallow end of the pool using water as resistance. Combines a light aerobic workout with muscle strengthening and flexibility. For all fitness levels.

Aqua Tone

A fitness class held in shallow water using water & exercise equipment to provide resistance to movement. Class emphasizes muscle strengthening, muscle endurance & flexibility.

Arthritis Aquatic Program

The Arthritis Foundation/YMCA Water Exercise program is open to anyone with arthritis or joint problems. Participants perform a series of specially designed exercises to increase joint range-of-motion, strengthen muscles and build endurance.

(More class descriptions inside this brochure)



YAQUATICS™

Don't forget to sign up for all the classes you attend!

Circle the classes you plan to attend on inside of brochure.

Name _____

Phone _____

Email _____

Birthday _____

- All classes are FREE for members!
- Non-member rates: \$35/1st class
- \$5 off each additional class



For more information contact Jennifer Eggleston at the Monroe County YMCA: 281-9622 x 17 or jeggleston@ymcaswil.org

www.ymcaswil.org

YAQUATICS™

Water Fitness

Winter I: Jan. 4– Feb. 21
Monroe County YMCA



- Low impact exercise
- Free for members
- Non-members: \$35 for one time per week for entire session (Sign up for additional times for \$30 each)

Member Registration Begins Dec. 14
Non Member Registration Begins Dec. 21

 **YMCA** of
Southwest Illinois

We build strong kids, strong families, strong communities.

Winter I Water Fitness

Day	Time	Class	Instructor	#
Monday	7-7:45 a.m.	Aqua Variety	Marcia	35863
Monday	8-8:45 a.m.	Aqua Aerobics	Marcia	35862
Monday	9-9:45 a.m.	Aqua Aerobics	Salle	35861
Monday	10-10:45 a.m.	Power Aqua	Jodi	35864
Monday	12-12:45 p.m.	Arthritis	Brenda	35865
Monday	6:30-7:15 p.m.	Aqua Aerobics	TBA	35866
Tuesday	7-7:45 a.m.	Aqua Tone	Marcia	35867
Tuesday	9-9:50 a.m.	Power Aqua	Heather	35868
Tuesday	10:00-10:45 a.m.	H2O Relax	Brenda	35869
Tuesday	11-11:45 a.m.	H2O Relax II	Brenda	35870
Tuesday	6:30-7:15 p.m.	Aqua Aeobics	TBA	35744
Wednesday	7-7:45 a.m.	Aqua Variety	Marcia	35871
Wednesday	8-8:45 a.m.	Aqua Aerobics	Marcia	35872
Wednesday	9-9:45 a.m.	Aqua Aerobics	Salle	35874
Wednesday	10-10:45 a.m.	Power Aqua	Jodi	35873
Wednesday	6:30-7:15 p.m.	Aqua Aerobics	Heather	35875
Thursday	7-7:45 a.m.	Aqua Tone	Marcia	35876
Thursday	9-9:50 a.m.	Power Aqua	Heather	35877
Thursday	10:00-10:45 a.m.	H2O Relax	Brenda	35878
Thursday	11-11:45 a.m.	H2O Relax II	Brenda	35879
Thursday	12-12:45 p.m.	Arthritis	Brenda	35745
Thursday	6:30-7:15 p.m.	Aqua Aeobics	Vicki	35746
Friday	8-8:45 a.m.	Aqua Aerobics	Salle	35923
Friday	9-9:45 a.m.	Deep Water	Salle	35880
Saturday	7-7:45 a.m.	Aqua Aerobics	Karen	35881

YAQUATICS™

Aqua Variety

Bored doing the same thing each class? Try this class and get a variety of workouts including shallow and deep water workouts.

Deep Water Aerobics

Tone and firm while performing no-impact aerobic exercise in the deep water. Includes warm up, stretching, aerobics, and cool down.

Power Aquacise

A high level cardiovascular workout using properties of water and held in shallow depth. Combines a vigorous aerobic workout with muscle strengthening and flexibility.

Water Relaxation & Water Relaxation II

Gentle, slow moving exercises, performed in shallow water, improve muscle tone and flexibility which may ease problems associated with arthritis. A great beginner fitness program, ideal for all ages.

Coming Soon! Silver Splash Water Fitness! The Tuesday/Thursday 10 a.m. H2O Relax class will be changing its name during the first part of 2010!