

## AQUATIC EXERCISE CLASSES

**BAT (BODY AQUATIC TONING)** is a 45 minute class of light aerobics recommended for beginners, equipment will be used to tone and condition muscles. Music will be added to motivate. This class is not recommended for members with severe arthritis.

**JOINTS IN MOTION** is a warm-water recreational exercise program for members who are just beginning a program. It is a very low impact class that keeps members moving for 45 minutes.

**JOINT EFFORT** is a warm-water class that involves movement of the body joints in a very slow and relaxed manner. The purpose of this program is to reduce pain and stiffness and improve or increase the range of motion of the joints. (Great for beginners, members with back pain, arthritis, or recovering from surgery!)

**ABC (AQUATIC BODY CONDITIONING)**-A 30-40 minute cardiovascular workout performed in the shallow end of the warm pool that is designed for all levels. Following a 20-30 minute segment of buttocks, thigh, and abdominal workout. (No swimming skills are needed)

**WATER POWER HOUR**-A dynamic shallow water class in cooler water with a format that includes toning with bar bells

**WATER WAKE-UP**-Sixty minutes of intense aerobic exercise in the deep water using flotation belts

**AQUA FLEX & TONE**-A warm water class that involves broad movement of the arms, legs, and torso (Easy stretching and toning)

**FIBROMYALGIA** –water class for people who suffer from fibromyalgia. Class format is light aerobics, muscle conditioning, and stretching.

**WATER BOOGIE**- A Very light aerobic class with 50's and 60's music to motivate beginners through the water.

**INSTRUCTOR'S CHOICE**- 45 minute water fitness class

YMCA Mission: To put Christian principles in to practice through programs that build healthy spirit, mind and body for all.