



SPRING 1 Water Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	WATER WORKS LAP POOL 6:15-7:00 AM BARB		AQUA ACTION LAP POOL 6:15-7:00 AM PATTI		
AQUATONE 101 8:15-9:15 AM SMALL POOL BARB	ARTHRITIS 8:15-9:15 AM SMALL POOL BARB	AQUATONE 101 8:15-9:15 AM SMALL POOL BARB	ARTHRITIS 8:15-9:15 AM SMALL POOL BARB	AQUATONE 101 8:15-9:15 AM SMALL POOL BARB	WATER FITNESS 9:00-10:00 AM LAP POOL ROTATING INSTRUCTOR
ARTHRITIS 9:15-10:15 AM SMALL POOL BARB	THE SPLASH 9:15-10:15 AM LAP POOL ABBE	AQUA ACTION 8:30-9:30 AM LAP POOL PATTI	THE SPLASH 9:15-10:15 AM LAP POOL ABBE	AQUA ACTION 9:00—10:00 AM LAP POOL PATTI	
THE SPLASH 10:15-11:15 AM LAP POOL ABBE	WATER WORKS 10:15-11:15 AM LAP POOL STEPHANIE	ARTHRITIS 9:15-10:15 AM SMALL POOL PEGGY	WATER WORKS 10:15-11:15 AM LAP POOL LEEANN	ARTHRITIS 9:15-10:15 AM SMALL POOL PEGGY	
BALANCE & FLOW 11:30-12:15 PM SMALL POOL SALLY		BALANCE & FLOW 11:30-12:15 PM SMALL POOL PEGGY	AQUA SERENITY 11:30-12:15 PM SMALL POOL PEGGY	CROSS CURRENTS 10:15-11:15 AM LAP POOL PATTI	
CARDIO KICK 6:30-7:30 PM LAP POOL JANET	TOTALLY TOYS 6:15-7:15 PM LAP POOL ROMELLE		MOVIN' MAMAS 7:30-8:30 PM LAP POOL STEPHANIE		

*****Classes listed are FREE to members only. This schedule is subject to change without notice. Updated versions always are available at customer service. *****

Foglia YMCA Water Fitness Class Descriptions

Arthritis Foundation YMCA Aquatic Program: This program of gentle water exercise is designed for all ages with arthritis, fibromyalgia, and related conditions, as well as any individual who wants to exercise without joint and muscle strain. The soothing warmth and buoyancy of exercising in the warm water pool will help decrease stiffness in joints, improve range of motion, and muscle endurance. A doctor's note is required for participation.

Totally Toys: This class incorporates the use of a variety of fitness equipment to ensure an intense cardiovascular workout in the deep water then utilizes steps and resistance tubing in the shallow end for muscular toning. Participants will be using buoyancy belts in to aid in flotation and should be comfortable in all depths of water.

Water Works: This high energy class is set to music and held in both the shallow end and deep end of the lap pool. It includes an initial warm up, aerobic workout, muscular toning and cool down. Resistance, buoyancy and acceleration will be used to alter the intensity. What a great choice to get your heart pumping and muscles toned!

No Impact Aqua Serenity Class: Gentle water exercise designed not just for seniors - but for all ages. This class is for anyone who wants to exercise without joint and muscle strain. You will improve the quality and productivity of everyday life activities as a result of the class. The soothing class uses water buoyancy and resistance to help improve range of motion and muscle endurance. It is good for those who haven't exercised in a long time, those who want to exercise with minimal impact, those pre/post surgery, and those who know they have to "start somewhere" or "continue somewhere". This class not only allows you to exercise weightlessly in the water, but is a class filled with humor, personal attention, serenity, and caring kindness. You won't know where the time went. Need to get away from it all for an hour and exercise too without even realizing it? This is the class for you.

Movin' Mamas—Pre/Post Natal Water Exercise: This class is for new and expecting mothers who are looking for a great workout that would meet their special needs. This class will focus on appropriate exercises and will provide a cardiovascular and muscle toning workout for the new mother and the mother-to-be. This is a great place to make new friends, get time out before baby comes and to talk to other new moms-to-be and experienced moms on their 2nd or 3rd pregnancy. This class offers support for your mental, emotional and physical well being during this exciting time.

The Splash: This class incorporates the use of noodles and uses floatation belts for increased intensity. This is a high energy class with a splash of choreography set to music. No swimming skills required.

Aqua Action: This high energy class is set to music and held in both the shallow end and deep end of the lap pool. It includes an initial stretching session, extended aerobic workout, toning and cool down. Resistance, buoyancy and acceleration will be used to alter the intensity. What a great choice to get your heart pumping and muscles toned!

Balance and Flow: A great class for anyone seeking a low impact opportunity to exercise in the middle of the day. This well-rounded class will concentrate on flexibility, range of motion, strength and getting some cardio as well. As you exercise you will feel the soothing quality of warm water relaxing your joints.

Cardio Kick: This class offers a low impact highly intense workout in the shallow end of the lap pool. Emphasis is on cardiovascular and respiratory health. What a great way to get your heart pumping and your body fit.

Aquatone 101: This water recreational class provides opportunity for individuals with arthritis, fibromyalgia, and related conditions, as well as any individual who wants to exercise without joint and muscle strain, with a low impact class emphasizing flexibility and movements at the participants pace. This class incorporates the use of noodles and weights. No swimming skills required.

Cross Currents \$\$\$: This one hour advanced class consists of a 5 minute warm up, a 10 minute cardio and/or core strengthening segment, and eight 5 minute segments using various equipment as well as a 5 minute cool down. Participants should be comfortable in the water and able to swim without a floatation belt..

Certified Instructors teach to all fitness levels. Modifications are made to allow for a progression of fitness. Please inform the instructors of any health conditions and/or concerns to ensure a safe, effective exercise class.