

March 2018 Water Fitness – JERRY LONG FAMILY YMCA



MONDAY

START	END	CLASS	LOCATION	NOTES
7:45am	8:45am	Shallow Water	Pool	
8:00am	9:00am	Deep Water-Depth Chargers	Pool	
10:45am	11:45am	Shallow Water	Pool	
11:00am	12:00pm	Deep Water	Pool	
12:00pm	12:45pm	Deep Water Express	Pool	
12:45pm	1:30pm	Shallow Water	Pool	
7:15pm	8:00pm	AQUA ZUMBA®	Pool	

TUESDAY

START	END	CLASS	LOCATION	NOTES
10:45am	11:25am	Recovery	Pool	
11:30pm	12:15pm	Recovery PLUS	Pool	

WEDNESDAY

START	END	CLASS	LOCATION	NOTES
7:45am	8:45am	Shallow Water	Pool	
8:00am	9:00am	Deep Water-Depth Chargers	Pool	
10:45am	11:45am	Shallow Water	Pool	
11:00am	12:00pm	Deep Water	Pool	
12:00pm	12:45pm	Deep Water Express	Pool	
12:45pm	1:30pm	Shallow Water	Pool	
7:15pm	8:00pm	AQUA ZUMBA®	Pool	

THURSDAY

START	END	CLASS	LOCATION	NOTES
8:45am	9:30am	*AQUA ZUMBA®	Pool	
10:45am	11:25am	Recovery	Pool	
11:30pm	12:15pm	Recovery PLUS	Pool	

FRIDAY

START	END	CLASS	LOCATION	NOTES
7:45am	8:45am	Shallow Water	Pool	No classes the 30 th .
8:00am	9:00am	Deep Water-Depth Chargers	Pool	No classes the 30 th .
10:45am	11:45am	Shallow Water	Pool	No classes the 30 th .
11:00am	12:00pm	Deep Water	Pool	No classes the 30 th .
12:00pm	12:45pm	Deep Water Express	Pool	No classes the 30 th .
12:45pm	1:30pm	Shallow Water	Pool	No classes the 30 th .

**No Water Fitness
classes Good
Friday, March 30.**

SATURDAY

START	END	CLASS	LOCATION	NOTES
8:15am	9:00am	AQUA ZUMBA®	Pool	No class the 31 st .

**No Aqua Zumba
Saturday March 31**

Class Descriptions

Aqua Zumba®: Shallow End of Pool

Intense cardiovascular and strength training. Known as the **Zumba®** “pool party,” the **Aqua Zumba®** program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting and music make up this 45 minute workout!

Deep Water Express: Cardiovascular and strength training. Deep water workout shortened from 1 hour, to 45 minutes. Strengthen core muscles using the resistance of the water and improve cardio-vascular conditioning.

Deep Water Fitness: Cardiovascular and strength training. A deep water workout including intervals of cardio conditioning, strength training, muscle toning and core work.

Recovery Class: Shallow End of Pool

Focus on basic daily movements, range of motion and balance. Shallow water program designed for people recovering from an accident, stroke, or other medical condition. The water’s buoyancy promotes endurance, posture correction, and mobility that may be difficult on land.

Recovery PLUS: Shallow End of Pool

Recovery foundations PLUS cardio sets, muscle strengthening, joint strengthening & stretching based on the WaterArt® principle of using water’s natural properties of buoyancy & resistance to achieve safe & effective fitness. Focus on knee mobility and strength within your personal limitations.

Shallow Water Fitness: Focus on increasing cardiovascular endurance; light weight for beginning exercise. The program of cardiovascular strengthening and stretching exercises features: warm-up, range of motion, flexibility, functional muscle conditioning, muscle strengthening and toning activities and fun.

Classes will be given 3 lanes unless 15 or more participants for shallow or 20 for Deep, then given 4 lanes.

***Participants must be in at least Middle School (6th grade) or accompanied by an adult.**

Tips for Success:

- * Don’t forget your water bottle
- * Bring a towel
- * Bring a lock to secure your valuables
- * Wear non-slip water shoes

Aquatic Personal Training Sessions are available. Ask the front desk or your instructor for more details.