

YWCA Water Fitness

The Drop-in Nursery is provided from Monday - Friday 8:00 a.m. - 10:30 a.m. and Monday – Thursday from 5:00 p.m. - 7:00 p.m.
Classes are included with your membership unless otherwise indicated.

Effective 5/27/10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 a.m.	Water Pump	Stretch & Tone	Water Pump	Stretch & Tone	Water Pump		
9:00 a.m.	Aqua Prime	Pool Walking & Deep Water Walking	Aqua Prime	Pool Walking & Deep Water Walking	Aqua Prime		
10:00 a.m.	Silver Splash®	Silver Splash®	Silver Splash®	Silver Splash®	Silver Splash®	Silver Splash®	
12:00 p.m.	Lunch Laps	Lunch Laps	Lunch Laps	Lunch Laps	Lunch Laps		
2:00 p.m.	Silver Splash®		Silver Splash®		Silver Splash®		
6:30 p.m.	Kickbox Splash Fusion		Kickbox Splash Fusion				



Water Fitness Is Fun for Everyone!

Water Fitness Class Descriptions

Classes are open to all abilities.

Lunch Laps

Swim your way to fitness.

Pool Walking

Gently strengthen abdominals, back, hips and legs with this simple pool walking routine.

Deep Water Walking

With or without a buoyancy belt, this free-form fitness program will get you heart pumping while functionally strengthening your body from fingers to toes.

Water Pump

Warm up with an aqua-step workout, followed by 25-30 minutes of cardio and core toning hydro-power levels of 1 & 3 (Feet don't touch the floor in level 3). Next strengthen the core and upper body using hydro resistance, buoyancy equipment and stretch bands. Cool down with full body stretch.

Hydro Power Stretch & Tone

Use Water resistance to strengthen support muscles in the legs, back and hips. Resistance Bands help to strengthen upper body. Yoga and Proprioceptive neuromuscular facilitation (PNF) are used to strengthen core muscles and improve functionality.

Aqua Prime

Maintain cardio, strength, endurance and flexibility fitness. Begin with the first half hour of toning and strengthening upper, core and lower body using water resistance and buoys. The second half hour is a low impact workout designed to improve muscle and cardio-fitness, ending with a full body stretch.

Kickbox Splash Fusion

A little bit of everything water aerobics has to offer. Fantastically Fused into an addictive aqua kickboxing routine. A wonderfully refreshing after-work-workout for all levels and abilities. Classes designed for your pace, with a highly motivating atmosphere.

SilverSplash®

Activate you aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.