

Williamsport YMCA 2018 Water Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 AM Water Fitness Kay	9:00-10:00 AM Water Fitness Kay	9:00-10:00 AM Water Fitness Kay		9:00-10:00 AM Water Fitness Ghena	
10:00-11:00 AM Aqua Zumba Gigi			10:00-11:00 AM Aqua Zumba Jenna		9:15-10:00 AM Water Yoga Lenora
11:00-12:00 PM Water Yoga Maureen		11:00-12:00 PM Water Yoga Maureen		11:00-12:00 PM Water Yoga Maureen	
1:00-2:00 PM Arthritis Class Ruth		1:00-2:00 PM Arthritis Class Ruth		1:00-2:00 PM Arthritis Class Ruth	
5:30-6:30 PM Deep Water/ Water Aerobics Jackie	5:45-6:45 PM Aqua Boot Camp Ghena	6:15-7:15PM Aqua Zumba Teresa	5:30-6:30 PM Deep Water/Water Aerobics Jackie		

Water Fitness

- **Low-impact workout**
- Designed to get you moving
- “Go at your own pace” method

Aqua Zumba or Aqua Dance

- All the benefits of Zumba class without that pesky gravity
- Water acts as a cushion to lighten the load on your muscles and joints

Aqua Boot Camp

- Fast paced
- **High intensity** cardio workout
- Set to high-tempo music

Water Yoga

- Yoga class adapted specially for the pool
- Designed to increase flexibility, decrease tension, and relieve stress

Arthritis Class

- Designed for people of all ages suffering from arthritis, joint pain, or who are recovering from surgery or injury.
- Age 18 and up welcome!

Deep Water Aerobics

- **Moderate intensity** workout designed to burn calories and increase flexibility
- Class is taught in 5-7 foot depth, utilizing float belts and buoys for balance and stability
- You do not go underwater in this class

