



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH BAY FAMILY YMCA WATER EXERCISE SCHEDULE | JANUARY 2019

DAY	CLASS	TIME	INSTRUCTOR	NOTES
MONDAY	AQUA FIT ♦	6:45-7:25A	Linda	★
	AQUA FIT ♦	7:30-8:15A	Linda	★
	DEEP WATER ♦	8:20-9:00A	Linda	
TUESDAY	AQUA FIT ♦ ♥	7:30-8:15A	Martha	★
	HYDRO HEALING	10:00-10:45A	Evelyn	
	DEEP WATER ♦	11:00-11:45A	Evelyn	
WEDNESDAY	AQUA FIT ♦	6:45-7:25A	Rebecca	★
	AQUA FIT ♦	7:30-8:15A	Rebecca	★
	DEEP WATER ♦	8:20-9:00A	Rebecca	
THURSDAY	AQUA FIT ♦	7:30-8:15A	Martha	
	HYDRO HEALING ♥	10:00-10:45A	Evelyn	★
	DEEP WATER ♦	11:00-11:45A	Evelyn	★
FRIDAY	AQUA FIT ♦	6:45-7:25A	Lisa	★
	AQUA FIT ♦	7:30-8:15A	Lisa	★
	DEEP WATER ♦	8:20-9:00A	Lisa	
	DEEP WATER ♦	11:00-11:45A	John	★
SATURDAY	AQUA FIT ♦	7:30-8:30A	Alma	

- ◆ **PASS REQUIRED.** Please pick up a pass at the Welcome Center
- 5+ **KIDS ONLY.** Members 5+ can participate. Sign in is required.
- 7+ **FAMILY FRIENDLY.** Members 7+ with parent can actively participate in this class.
- ♥ **Y ACTIVE ADULT.** Activities designed for older adults
- ★ **GETTING STARTED.** A great place to begin or restart your exercise program



CLASSES INCLUDED WITH MEMBERSHIP SOUTH BAY FAMILY YMCA • AQUA GROUP CLASSES

Class Benefits:

Flexibility	Cardiovascular Fitness	Core Stability	Balance	Muscular Strength	Cognitive Health
Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion.	Strengthens the heart and lungs for efficiency.	Strengthens the deep abdominal muscles and improves postural alignment.	Improves proprioception and reduces the risk of falling.	Increases strength and enhances muscular development and coordination.	Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns.

Water Exercise

Aqua Fit CF CS MS Low-impact water exercise in shallow water. Non-swimmers welcome.	Deep Water/Strength CF CS MS Non-impact exercise in deep water with assistance of a flotation belt. Uses resistance equipment to strengthen your entire body	Hydro Healing F CS B MS Gentle exercise designed to enhance joint mobility beneficial for participants with chronic health conditions
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SATURDAY	AQUA FIT ♦	7:30-8:30A	Alma
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