



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH BAY FAMILY YMCA WATER EXERCISE SCHEDULE | AUGUST - OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUA FIT ♦	AQUA FIT ♦	AQUA FIT ♦	AQUA FIT ♦	AQUA FIT ♦
6:45-7:25A Rebecca	7:30-8:15A Lisa	6:45-7:25A Rebecca	6:45-7:25A Rebecca	6:45-7:25A Linda
AQUA FIT ♦	HYDRO HEALING	AQUA FIT ♦	AQUA FIT ♦	AQUA FIT ♦
7:30-8:15A Rebecca	10:00-10:45A Evelyn	7:30-8:15A Rebecca	7:30-8:15A Rebecca	7:30-8:15A Linda
DEEP WATER ♦	DEEP WATER ♦	DEEP WATER ♦	HYDRO HEALING	DEEP WATER ♦
8:20-9:00A Rebecca	11:00-11:45A Evelyn	8:20-9:00A Rebecca	10:00-10:45A Rebecca	8:20-9:00A Linda
DEEP WATER ♦			DEEP WATER ♦	DEEP WATER ♦
11:00-11:45A Rebecca			11:00-11:45A Karen	11:00-11:45A John

- PASS REQUIRED.** Please pick up a pass at the Welcome Center
- KIDS ONLY.** Members 5+ can participate. Sign in is required.
- 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 Low-impact water exercise in shallow water. Non-swimmers welcome.	Deep Water/Strength Non-impact exercise in deep water with assistance of a flotation belt. Uses resistance equipment to strengthen your entire body	Hydro Healing 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/Linda