



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH BAY FAMILY YMCA WATER EXERCISE SCHEDULE | MARCH 2019

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
Martha
DEEP WATER ♦
11:00-11:45A
Martha



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
Martha
DEEP WATER ♦
11:00-11:45A
Martha



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



◆ **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

65 **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**
Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion.
- Cardiovascular Fitness**
Strengthens the heart and lungs for efficiency.
- Core Stability**
Strengthens the deep abdominal muscles and improves postural alignment.
- Balance**
Improves proprioception and reduces the risk of falling.
- Muscular Strength**
Increases strength and enhances muscular development and coordination.
- Cognitive Health**
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

SATURDAY
AQUA FIT ♦
7:30-8:30A
Alma