



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Water Fitness Schedule

Water fitness truly is for EVERYONE. Age is just a number in the water! Give your body the gift of low/ no impact workouts using the resistance of water! Choose between our 84 degree lap pool or our 89 degree sunshine pool.

<b>Monday</b>	<b>Time:</b>	<b>Location:</b>
<b>Early Morning</b>	<b>7:30am</b>	<b>Sunshine Pool</b>
<b>Morning</b>	<b>9:00am</b>	<b>Lap Pool</b>
<b>Early Afternoon</b>	<b>11:30am</b>	<b>Sunshine Pool</b>
<b>Afternoon</b>	<b>1:00pm</b>	<b>Sunshine Pool</b>
<b>Evening</b>	<b>6:30pm</b>	<b>Lap Pool</b>
<b>Tuesday</b>	<b>Time:</b>	<b>Location:</b>
<b>Morning- H2O Walking Club</b>	<b>8:30am</b>	<b>Sunshine Pool</b>
<b>Morning</b>	<b>9:00am</b>	<b>Lap Pool- Deep Water</b>
<b>Early Afternoon</b>	<b>11:30am</b>	<b>Sunshine Pool</b>

<b>Wednesday</b>	<b>Time:</b>	<b>Location:</b>
<b>Early Morning</b>	<b>7:30am</b>	<b>Sunshine Pool</b>
<b>Morning</b>	<b>9:00am</b>	<b>Lap Pool</b>
<b>NEW! Early Afternoon (Intermediate/Hard Class)</b>	<b>11:30am</b>	<b>Sunshine Pool</b>
<b>Afternoon</b>	<b>1:00pm</b>	<b>Sunshine Pool</b>
<b>Evening</b>	<b>6:30pm</b>	<b>Lap Pool</b>

<b>Thursday</b>	<b>Time:</b>	<b>Location:</b>
<b>Morning</b>	<b>9:00am</b>	<b>Lap Pool- Deep Water</b>
<b>Early Afternoon</b>	<b>11:30am</b>	<b>Sunshine Pool</b>

<b>Friday</b>	<b>Time:</b>	<b>Location:</b>
<b>Early Morning</b>	<b>7:30am</b>	<b>Sunshine Pool</b>
<b>Morning- H2O Walking Club</b>	<b>9:00am</b>	<b>Sunshine Pool</b>
<b>Morning</b>	<b>9:00am</b>	<b>Lap Pool</b>
<b>Early Afternoon</b>	<b>11:30am</b>	<b>Sunshine Pool</b>
<b>Afternoon</b>	<b>1:00pm</b>	<b>Sunshine Pool</b>

### WILKES FAMILY YMCA

1801 YMCA Boulevard, Wilkesboro NC 28697

P 336 838 3991 F 336 838 0979 [www.wilkesymca.org](http://www.wilkesymca.org)

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."



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### **Intermediate**

Monday/Wednesday/Friday (7:30 – 8:30 a.m.)

Location: Sunshine Pool (89/90 degrees)

This class offers an intense workout in the warm waters of the Sunshine Pool. It offer a wide variety of action focusing on building strength, endurance and range of motion.

### **Beginner-Intermediate**

Monday/Wednesday/Friday (9:00 10:00 a.m.)

Location: Lap Pool: Shallow and Deep Water

Build friendships and muscle with this intermediate level workout. This class offers a wide variety of activities from low-impact cardio and strength building work in the shallow end to no-impact workout in the deep end.

### **Therapy 50/50**

Monday/Tuesday/Thursday/Friday (11:30 a.m. – 12:00 noon: Therapy, 12:00 – 12: 30 p.m. Mini Cardio)

Location: Sunshine Pool (89/90 degrees)

We have revamped this class! You can have your cake and eat it too. 30 minutes of therapy for those who need this low-impact class that takes therapeutic movements in a warm water environment to help improve range of motion, strength, and flexibility. 30 minutes of mini-cardio to get the blood pumping. Stay for 30 minutes or stay for the whole hour. The sky's the limit!

### **Beginner-Intermediate**

Tuesday/Thursday (9:00 – 10:00 a.m.)

Location: Lap Pool: Deep Water and some shallow water, too.

This class focuses on deep water exercises which build core strength and endurance and range of motion. This class offers all the benefits of strength and fitness training with no impact. Floatation devices are available for use.

### **Beginner-Intermediate**

Monday/Wednesday/Friday (1:00 – 2:00 p.m.)

Location: Sunshine Pool (89/90 degrees)

Come join this active community as they work together to reach their own goals. Each class is centered around specific skills and will take you through a complete workout – including warm-up, aerobic and interval training, and cool down.

### **Beginner-Intermediate**

Monday/Wednesday (6:30 – 7:30 p.m.)

Location: Lap Pool

Come join this class for an exercise experience which fuses the best of two worlds – low impact, water resistance exercise with high energy muscle-group work.

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