



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Fitness Schedule

Spring 2012

6:00am	Mon/Wed/Fri	Boot Camp
8:00am	Mon/Wed/ Fri	Aquasize
8:00am	Tues/Thurs	Deep/Shallow Aquasize
9:00 am	Mon/Wed/Fri	Deep Aquasize
11:00 am	Mon/Wed/ Fri	Aquasize
12:00pm	Mon/Wed/ Fri	Deep/Shallow Boot Camp
1:30 pm	Mon/Wed/ Fri	Aquasize
7:00pm	Tues/Thurs	Shallow Boot Camp

Holiday Classes and Inclement Weather Information:

Holiday and inclement weather information is available on our website and by phone

Water Fitness Classes are FREE to all YMCA members!

Please see the back of the flyer for class descriptions.

Water Fitness is easy on joints and good for all fitness levels!

Our classes are structured according to cardio-vascular intensity level.

WILLIAM G. WHITE, JR. FAMILY YMCA

775 West End Boulevard, Winston-Salem NC 27101

P 336 721 2100 F 336 721 2106 www.wgwhiteymca.org

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



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WATER FITNESS CLASS DESCRIPTIONS

AQUASIZE - 60 MINUTES

IDEAL FOR ALL LEVELS OF FITNESS THAT CAN WITHSTAND SOME IMPACT EXERCISES GENERAL EXERCISE CLASS THAT INCLUDES CARDIO CONDITIONING, MUSCLE STRENGTHENING AND TONING, IMPROVING FLEXIBILITY AND ACTIVITIES OF DAILY LIVING

***DEEP/SHALLOW AQUASIZE - 60 MINUTES**

IDEAL FOR ALL FITNESS LEVELS—UTILIZING DEEP AND SHALLOW WATER TO AVOID HIGH IMPACT TO THE JOINTS—GENERAL EXERCISES TO IMPROVE CARDIO CONDITIONING, MUSCLE STRENGTH AND FLEXIBILITY

***DEEP/SHALLOW BOOTCAMP - 60 MINUTES**

IDEAL FOR THOSE WANTING A VIGOROUS CARDIO WORKOUT AND WATER RESISTANCE TRAINING. DEEP WATER AEROBIC EXERCISES IMPROVE CARDIO-VASCULAR CONDITIONING, WITH LOW IMPACT TO THE JOINTS. THIS CLASS ALSO FOCUSES ON USING THE RESISTANCE OF WATER TO BUILD STRENGTH AND TONE.

BOOT CAMP - 45 MINUTES

IDEAL FOR THOSE WANTING A VIGOROUS HIGH IMPACT CARDIO WORKOUT STRENGTHEN CORE MUSCLES USING THE RESISTANCE OF THE WATER AND IMPROVE CARDIO-VASCULAR CONDITIONING

***PARTICIPANTS ATTENDING DEEP/SHALLOW WATER FITNESS CLASSES MUST BE COMFORTABLE IN 12 FEET OF WATER...WITH FLOAT BELT.**

(336) 721-2100 ext 2072 or j.wyatt@ymcanwnc.org for questions or details.

Aquatic Rehab/Personal Training is available. Our certified Aquatic Rehab Specialist will work with you one-on-one with you to create a therapy that is designed to fit individual fitness and health goals. Please contact Jeremy Wyatt at 721-2100 ext. 2072 to schedule or for details.

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