



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Fitness – Effective February 2012

Water aerobics is an excellent way swimmers and non-swimmers can stretch, strengthen and tone their bodies. Exercise in deep or shallow water to improve cardiovascular and muscular fitness as water gives resistance.

NEW-Aqua Zumba – Level 3: Intense cardiovascular and strength training.

Known as the **Zumba®** “pool party,” the **Aqua Zumba** program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting and music make up this 45 minute workout!

8:45am-9:30am: Thursday

Cardio Caravan – Level 3: Intense cardiovascular and strength training.

A deep water journey including a 10 minute warm-up/stretching routine, followed by a 30 minute session of intense traveling cardio. The final 20 minutes consists of total body toning and stretching.

7pm-7:50pm: Mon, Wed / 6pm-6:50pm Fri.

Deep Water Bootcamp – Level 3: Intense cardiovascular and strength training.

Deep water workout, ideal for those wanting a vigorous high impact cardio workout, combined with overall muscle toning. Strengthen core muscles using the resistance of the water and improve cardio-vascular conditioning.

9:15am-10:15am / 11am-12pm: Mon, Wed, Fri.

Deep Water Fitness – Level 3: Intense cardiovascular and strength training.

A deep water workout including intervals of cardio conditioning, strength training, muscle toning and core work.

8:00am-9:00am: Mon, Wed, Fri.

Recovery Class – Level 1: Focus on basic daily movements, range of motion and balance.

Shallow water program designed for people recovering from an accident, stroke, or other medical condition. The water’s buoyancy promotes endurance, posture correction, and mobility that may be difficult on land.

11:00am-11:45am and 1:15pm-2pm: Tues, Thurs.

Free for members, \$40 for potential members

Shallow Water Fitness – Level 2: Focus on increasing cardiovascular endurance; light weight for beginning exercise.

A shallow water workout ideal for those individuals wanting to focus on range of motion, basic cardiovascular conditioning, muscular conditioning, strength, and stretching. Ideal for all abilities and ages.

7:45am-8:45am: Mon, Wed, Fri.

Shallow Water Fitness – Level 2: Focus on increasing cardiovascular endurance; light weight for beginning exercise.

Shallow water workout, ideal for all levels of fitness that that can withstand some impact exercises, general exercise class that includes cardio conditioning, muscle strengthening and toning, improving flexibility and core stability.

1pm-2pm: Mon, Wed, Fri.

Shallow Water Fitness – Level 2: Focus on increasing cardiovascular endurance; light weight for beginning exercise.

A great shallow water class to tone your muscles and improve your overall fitness. The program of cardiovascular strengthening and stretching exercises features: warm-up, range of motion, flexibility, functional muscle conditioning, activities and fun.

10:45am-11:45am: Mon, Wed, Fri.

JERRY LONG FAMILY YMCA

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