



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Fitness – Class Descriptions

Aqua Abs

A 30-minute class that targets the abdominal and back muscles!

Get Fit!

This is an hour class that meets in the shallow area of the pool. This is a “No Hurt” approach to fitness; low impact on joints and low intensity cardio. Great for beginners!

Shallow Water Fitness

This is a low to medium intensity workout that takes place in the shallow. Low impact but good cardio workout!

Move it to Music

A low-impact class with music but with a medium and high intensity full body workout focused on strength, toning, and balance

Low Impact

A class designed to improve mobility through a series of stretching and strengthening exercises, performed in shallow water. All levels welcome.

Aqua Fit

A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility.

Deep Water

This is a full body workout, a combination of cardio respiratory, muscle conditioning, and interval training. Conducted in the deep end, participants can increase range of motion using non-impact movements. Flotation is provided.

Mornin’ Mania

A great way to start your day! Deep/Shallow combination class that will jumpstart your cardiovascular workout, wake up your muscles with strengthening exercises, and end with morning stretching for maximum flexibility and range of motion.

Deep Water Power

Deep Water Power is a 60-minute class conducted in transitional and deep depths of water. Participants learn to increase their intensity to get the most out of their workout. Class is for all fitness levels and flotation is provided.

Power Pump

This 45-minute Aerobic workout provides high intensity with low impact on your joints. This workout will allow muscle strengthening and a greater range of motion to provide maximum muscle development.

Cardio Toning

Cardio Toning combines cardiovascular conditioning and muscle toning. The instructor will use water gloves and will encourage you to use them or your hand to build lean muscles by creating resistance in the water.

Hydrated Fitness

This class is a low to high cardio class. This workout will strengthen and tone muscles providing maximum muscle development.

Cardio, Balance, and Strengthening (CBS)

This is an hour class that meets in the shallow end of the pool. Focusing on Cardio, Balancing, and Strength. Class is taught medium and high intensity. The instructor will give alternative exercises for beginners.

Aqua Dance

Aqua Dance gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during Latin Heat. This is safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

STOKES FAMILY YMCA

105 Moore Road, King NC 27021

P 336 985 9622 F 336 985 3976 www.stokesymca.org

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