



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2023 WATER FITNESS SCHEDULE-KERNERSVILLE FAMILY YMCA

MONDAY

| START | END | | PROGRAM | NOTES |
|---------|---------|---------|----------------------------|-------|
| 7:00am | 7:45am | shallow | Level 3 Aqua Fit | |
| 8:00am | 8:45am | shallow | Level 3 Aqua Fit | |
| 9:00am | 9:45am | shallow | Level 3 Aqua Fit | |
| 10:00am | 10:45am | shallow | Level 3 Aqua Fit | |
| 11:00am | 11:45am | shallow | Level 1 Strength & Stretch | |
| 6:00pm | 6:45pm | shallow | Level 4 Aqua HIIT | |

TUESDAY

| START | END | | PROGRAM | NOTES |
|--------|--------|---------|------------------|-------|
| 8:00am | 8:45am | shallow | Level 3 Aqua Fit | |
| 5:15pm | 6:00pm | shallow | Level 3 Aqua Fit | |

WEDNESDAY

| START | END | | PROGRAM | NOTES |
|---------|---------|---------|----------------------------|-------|
| 7:00am | 7:45am | shallow | Level 3 Aqua Fit | |
| 8:00am | 8:45am | shallow | Level 3 Aqua Fit | |
| 9:00am | 9:45am | shallow | Level 3 Aqua Fit | |
| 10:00am | 10:45am | shallow | Level 3 Aqua Fit | |
| 11:00am | 11:45am | shallow | Level 1 Strength & Stretch | |
| 6:00pm | 6:45pm | shallow | Level 4 Aqua HIIT | |

THURSDAY

| START | END | | PROGRAM | NOTES |
|--------|--------|---------|------------------|-------|
| 5:15pm | 6:00pm | shallow | Level 3 Aqua Fit | |

FRIDAY

| START | END | | PROGRAM | NOTES |
|---------|---------|---------|----------------------------|-------|
| 8:00am | 8:45am | shallow | Level 3 Aqua Fit | |
| 9:00am | 9:45am | shallow | Level 3 Aqua Fit | |
| 10:00am | 10:45am | shallow | Level 3 Aqua Fit | |
| 11:00am | 11:45am | shallow | Level 1 Strength & Stretch | |

SATURDAY

| START | END | | PROGRAM | NOTES |
|--------|--------|---------|------------------|-------|
| 8:05am | 8:50am | shallow | Level 3 Aqua Fit | |

- **ALL classes are designed to accommodate – Beginner, Intermediate & Advanced**

Any questions/concerns contact: Aquatics Director, Beth Boul b.boul@ymcanwnc.org

KERNERSVILLE FAMILY YMCA

1113 West Mountain Street

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



Class Descriptions

Level 1: Strength & Stretch

Our class is fit as a whole, although a few participants just walk in very shallow end. This class welcomes new participants. Sometimes songs are sung as we exercise. Most of the participants are LONG-time water fitness enthusiasts & want to work out at the top of their personal goals. This class includes cardio sets, muscle strengthening & stretching using water's natural properties of buoyancy & resistance to achieve safe & effective fitness.

Level 2: Yin Yoga

Vinyasa based standing yoga sequence that will adapt to all levels. Students will be guided through a series of postures in a yin based practice. With the use of props such as noodles, kick boards, to enhance flexibility and range of movement. Focusing on inner reflection, meditation, and breath.

Level 3: Water Athletics

Join us for a fun "No Impact" water workout. Cardiovascular fitness is increased through interval workouts using adaptations of jogging, bicycling, kicking, swimming, & jumping jacks. Muscle strength & flexibility is increased through resistance exercises using kick-boards, noodles, & hand weights.

Level 3: Aqua Fit

This is a low to medium intensity workout that takes place in the shallow. Low impact but good cardio workout! This is a full body workout focused on strength, toning, & balance.

Level 4: Aqua HIIT

20 seconds of intense activity, then 10 seconds rest, done eight times to maximize results. Utilizing plyometrics, sprinting, and weight lifting this method of training can be extremely beneficial for power development, building muscle mass, and fat burning. You'll also build stronger joints and bones due to the increased impact on your body while protecting the joints in the water.

*All levels are welcome and moves can be adapted to the needs of each member.

*Participants must be in at least Middle School (6th grade) or accompanied by an adult.

Tips for Success:

* Don't forget your water bottle * Bring a towel * Wear non-slip water shoes

Aquatic Personal Training Sessions are available. Ask the front desk or your instructor for more details.