



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STATESVILLE FAMILY YMCA JUNE 2024 WATER FITNESS CLASS SCHEDULE

Mondays

| START | END | CLASS | LOCATION | INSTRUCTOR |
|----------|----------|----------------------|------------|------------|
| 9:15 AM | 10 AM | Aqua Energizers | Main Pool | Joan |
| 10:00 AM | 10:45 AM | Joints in Motion | Small Pool | Jocelyn |
| 11:00 AM | 11:45 AM | Strength and Stretch | Main Pool | Pat |

Tuesdays

| START | END | CLASS | LOCATION | INSTRUCTOR |
|----------|---------|------------------------|------------|------------|
| 10:00AM | 10:45AM | Water Recovery Shallow | Small Pool | Jocelyn |
| 12:00 PM | 1:00 PM | Aquafit Shallow Water | Main Pool | Christa |

Wednesdays

| START | END | CLASS | LOCATION | INSTRUCTOR |
|----------|----------|----------------------|------------|------------|
| 9:15 AM | 10 AM | Aqua Energizers | Main Pool | Joan |
| 10:00 AM | 10:45 AM | Joints in Motion | Small Pool | Jocelyn |
| 11:00 AM | 11:45 AM | Strength and Stretch | Main Pool | Pat |

Thursdays

| START | END | CLASS | LOCATION | INSTRUCTOR |
|---------|---------|------------------------|------------|------------|
| 10:00AM | 10:45AM | Water Recovery Shallow | Small Pool | Jocelyn |
| 12:00PM | 1:00PM | Aquafit Shallow Water | Main Pool | Christa |

Fridays

| START | END | CLASS | LOCATION | INSTRUCTOR |
|----------|----------|----------------------|------------|------------|
| 10:00 AM | 10:45 AM | Joints in Motion | Small Pool | Pat |
| 11:00 AM | 11:45 AM | Strength and Stretch | Main Pool | Pat |

STATESVILLE FAMILY YMCA

828 Wesley Drive, Statesville NC 28677

P 704 873 9622 F 704 871 9160 www.statesvilleyymca.org A United Way Agency

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



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Class Descriptions

Aquafit Energizers – Mondays & Wednesdays 9:15 – 10am- 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 kickboards, noodles, & hand weights. Level 3

Strength & Stretch – Mondays, Wednesdays, & Fridays 11:00-11:45 am- These are active classes that work on core stability, toning, strengthening and cardio exercises in the Main Pool. Some music may be involved. Level 3

Recovery Shallow – Tuesdays & Thursdays 10:00-10:45am - The class is designed to improve activities of daily living. Organized in the small pool with aquatic exercise steps and noodles. Level 1

Joints in Motion – Mondays, Wednesdays, & Fridays 10:00-10:45 am – Working on improving range of motion, balance, and walking with resistance. If you are having hard time walking or exercise on land, this may help you get started on getting back in shape. Level 2

Aquatfit-Shallow Water – Tuesdays & Thursdays 12:00pm – 1:00pm – This is a low impact exercise program. It's designed to give you an aerobic workout while developing your muscle tone & endurance. This program features strengthening and stretching exercises through: warm-up, range of motion, flexibility, functional muscle conditioning, muscle strengthening and toning activities. Level 4

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