



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS SCHEDULE – KERNERSVILLE FAMILY YMCA

MONDAYS	TIME	CLASS
	7am	Aqua Fit
	8am	Aqua Fit
	9am	Aqua Fit
	10am	Aqua Fit
	11am	Strength and Stretch
	6pm	Aqua HIIT
TUESDAYS	TIME	CLASS
	8am	Aqua Fit
	5:15pm	Aqua Fit
WEDNESDAYS	TIME	CLASS
	7am	Aqua Fit
	8am	Aqua Fit
	9am	Aqua Fit
	10am	Aqua Fit
	11am	Strength and Stretch
	6pm	Aqua HIIT
THURSDAYS	TIME	CLASS
	8am	Deep Water Aqua Energizers
	5:15pm	Aqua Fit
FRIDAYS	TIME	CLASS
	7am	Aqua Fit
	8am	Aqua Fit
	9am	Aqua Fit
	10am	Aqua Fit
	11am	Strength and Stretch
SATURDAYS	TIME	CLASS
	8:05am	Aqua Fit

All classes are 45 minutes long

Classes are designed to accommodate beginner, intermediate and advanced experience levels

Any questions/concerns contact: Aquatics Director, Katie Searles k.searles@ymcanwnc.org

KERNERSVILLE FAMILY YMCA

1113 West Mountain Street

Kernersville, NC 27284 P (O) 336 996 2231 (F) 336.996.8605 www.kernersvilleymca.org A United Way Agency

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



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WATER FITNESS CLASS DESCRIPTIONS

STRENGTH & STRETCH

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.

AQUA FIT

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

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.

DEEP WATER AQUA ENERGIZERS

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.

- All levels are welcome and moves can be adapted to the needs of each member
- Must be in at least Middle School (6th grade) or accompanied by an adult to participate
- Participants are encouraged to bring a towel, water bottle, and non-slip water shoes
- Aquatic Personal Training Sessions are available. Ask the front desk or your instructor for more details.

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