



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## STATESVILLE FAMILY YMCA AUGUST 2025 WATER FITNESS CLASS SCHEDULE

### Mondays

| START    | END      | CLASS                | LOCATION   | INSTRUCTOR |
|----------|----------|----------------------|------------|------------|
| 9:15 AM  | 10:00 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 |
|----------|----------|-------------------------|------------|------------|
| 8:15 AM  | 9:00 AM  | Aqua Deep/Shallow Combo | Main Pool  | Joan       |
| 10:00 AM | 10:45 AM | Water Recovery Shallow  | Small Pool | Jocelyn    |
| 4:00 PM  | 5:00 PM  | Aquafit Shallow Water   | Main Pool  | Christa    |

### Wednesdays

| START    | END      | CLASS                | LOCATION   | INSTRUCTOR |
|----------|----------|----------------------|------------|------------|
| 9:15 AM  | 10:00 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 |
|---------|----------|-------------------------|------------|------------|
| 8:15AM  | 9:00 AM  | Aqua Deep/Shallow Combo | Main Pool  | Joan       |
| 10:00AM | 10:45 AM | Water Recovery Shallow  | Small Pool | Jocelyn    |
| 4:00PM  | 5:00 PM  | 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 <https://ymcanwnc.org/locations/statesville-family-ymca> A United Way Agency

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



## STATESVILLE FAMILY YMCA AUGUST 2025 WATER FITNESS CLASS SCHEDULE

### Class Descriptions

**Aqua Deep/Shallow Water Combo** – Tuesdays & Thursdays 8:15am- 9am-This class uses a combination of strength training drills to target different muscle groups in both deep and shallow water. Exercise combinations will challenge balance, flexibility and endurance throughout your core, arms and legs. Each class also includes cardiovascular training using a variety of training tools including noodles, water weights and kickboards to add resistance.

**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 4:00pm – 5:00pm – 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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