FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS SCHEDULE – KERNERSVILLE FAMILY YMCA

	TIME	CLASS
MONDAYS, WEDNESDAYS, & FRIDAYS	7am-7:45am	Aqua Fit
	8am-8:45am	Aqua Fit
	9am-9:45am	Aqua Fit
	10a-10:45am	Aqua Fit
	11a-11:45am	Strength and Stretch
TUESDAYS & THURSDAYS	8am-8:45am	Aqua Fit
	5:10p-5:55pm	Aqua Fit
	5:10p-5:55pm	Aqua Fit
SATURDAYS	8:10a-8:55am	Aqua Fit

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. Level 3

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. Level 3

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. Level 4

- 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
- Please ask our instructors for guidance.

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