FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STATESVILLE FAMILY YMCA NOVEMBER 2026 WATER FITNESS CLASS SCHEDULE

Mondays

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

Tuesdays

START	END			
9 AM	9:45 AM	Aqua Deep/Shallow Combo	Main Pool	Joan
10:00 AM	10:45 AM	Water Recovery Shallow	Small Pool	Joan
4:00 PM	5:00 PM	Aquafit Shallow Water	Main Pool	Christa

Wednesdays

START	END			
9 AM	9:45 AM	Aqua Energizers	Main Pool	Joan
10:00 AM	10:45 AM	Joints in Motion	Small Pool	Joan
11:00 AM	11:45 AM	Strength and Stretch	Main Pool	Pat

Thursdays

START	END			
9 AM	9:45 AM	Aqua Deep/Shallow Combo	Main Pool	Joan
10:00 AM	10:45 AM	Water Recovery Shallow	Small Pool	Joan
4:00PM	5:00 PM	Aquafit Shallow Water	Main Pool	Christa

Fridays

START	END			
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."

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Class Descriptions

Aqua Deep/Shallow Water Combo – Tuesdays & Thursdays 9am- 9:45am-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. Level 3

Aquafit Energizers – Mondays & Wednesdays 9am – 9:45am- 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

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

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

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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