

October 2019 Water Fitness – JERRY LONG FAMILY YMCA

All Classes are in the New Program Pool.



MONDAY

START	END	CLASS	LOCATION	NOTES
7:30am	8:15am	Shallow Water	Program Pool	
8:15am	9:00am	Deep Water	Program Pool	
9:30am	10:15am	Deep Water	Program Pool	
10:30am	11:15am	Shallow Water	Program Pool	
11:15am	12:00pm	Deep Water	Program Pool	
12:00pm	12:45pm	Deep Water	Program Pool	
12:45pm	1:30pm	Shallow Water	Program Pool	
7:20pm	8:05pm	HIIT -Shallow	Program Pool	

TUESDAY

START	END	CLASS	LOCATION	NOTES
10:45am	11:30am	Recovery	Program Pool	
11:30am	12:15pm	Recovery Plus	Program Pool	

WEDNESDAY

START	END	CLASS	LOCATION	NOTES
7:30am	8:15am	Shallow Water	Pool	
8:15am	9:00am	Deep Water	Pool	
9:30am	10:15am	Deep Water	Pool	
10:30am	11:15am	Shallow Water	Pool	
11:15am	12:00pm	Deep Water	Pool	
12:00pm	12:45pm	Deep Water	Pool	
12:45pm	1:30pm	Shallow Water	Pool	
7:20pm	8:05pm	AQUA® ZUMBA	Pool	

THURSDAY

START	END	CLASS	LOCATION	NOTES
10:45am	11:30am	Recovery	Pool	
11:30am	12:15pm	Recovery Plus	Pool	

FRIDAY

START	END	CLASS	LOCATION	NOTES
7:30am	8:15am	Shallow Water	Pool	
8:15am	9:00am	Deep Water	Pool	
9:30am	10:15am	Deep Water	Pool	
10:30am	11:15am	Shallow Water	Pool	
11:15am	12:00pm	Deep Water	Pool	
12:00pm	12:45pm	Deep Water	Pool	
12:45pm	1:30pm	Shallow Water	Pool	

SATURDAY

START	END	CLASS	LOCATION	NOTES
8:15am	9:00am	AQUA® ZUMBA	Pool	

Class Descriptions:

Aqua Zumba: Shallow End of Pool

Intense cardiovascular and strength training. Known as the **Zumba®** “pool party,” the **Aqua Zumba** program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting and music make up this 45 minute workout!

Deep Water Fitness: Deep End of Pool

Cardiovascular and strength training. A deep water workout including intervals of cardio conditioning, strength training, muscle toning and core work. Modification options are available—ask instructor,

Recovery Class: Shallow End of Pool

Focus on basic daily movements, range of motion and balance. Shallow water program designed for people recovering from an accident, stroke, or other medical condition. The water’s buoyancy promotes endurance, posture correction, and mobility that may be difficult on land.

Recovery PLUS: Shallow End of Pool

Recovery foundations PLUS cardio sets, muscle strengthening & stretching based on the WaterArt® principle of using water’s natural properties of buoyancy & resistance to achieve safe & effective fitness.

Shallow Water Fitness: Shallow End of Pool

Focus on increasing cardiovascular endurance; light weight for beginning exercise. The program of cardiovascular strengthening and stretching exercises features: warm-up, range of motion, flexibility, functional muscle conditioning, muscle strengthening and toning activities and fun. Modification options are available—ask instructor.

HIIT: Shallow End of Pool

High Impact Interval Training and plyometric movements to music. This 45 minutes strength based water workout will engage your full body while protecting your joints from injuries.

***Participants must be in at least Middle School (6th grade) & a green level swimmer.**

Tips for Success:

- * Don’t forget your water bottle
- * Bring a towel
- * Bring a lock to secure your valuables
- * Wear non-slip water shoes