

# OCTOBER WATER FITNESS SCHEDULE

## YADKIN FAMILY YMCA



### MONDAY

START	CLASS	LEVEL	INSTRUCTOR
6:30am	Aqua Fit	Intermediate	Angela
7:30am	Total Body Fitness	Beginner/Intermediate	Frankie
9:30am	Shallow Water Fitness	Intermediate	Jan
11:15am	Joints In Motion	Beginner/Intermediate	Elaine
11:30am	Deep Water Fitness	All Levels	Ann

**Deep Water  
Fitness is at an  
earlier time.  
11:30am**

### TUESDAY

START	CLASS	LEVEL	INSTRUCTOR
7:30am	Water Recovery (Early AM)	Beginner 1	Ruth
8:40am	Water Recovery (Morning)	Beginner 2	Ruth
11:00am	Water Recovery (Afternoon)	Beginner 2	Levora

### WEDNESDAY

START	CLASS	LEVEL	INSTRUCTOR
6:30am	Aqua Fit	Intermediate	Angela
7:30am	Total Body Fitness	Beginner/Intermediate	Frankie
8:30am	Silver Splash®	Beginner	Frankie
9:30am	Shallow Water Fitness	Intermediate	Jan
11:15am	Joints In Motion	Beginner/Intermediate	Elaine
11:30am	Deep Water Fitness	All Levels	Ann

### THURSDAY

START	CLASS	LEVEL	INSTRUCTOR
7:30am	Water Recovery (Early AM)	Beginner 1	Ruth
8:40am	Water Recovery (Morning)	Beginner 2	Ruth
11:00am	Water Recovery (Afternoon)	Beginner 2	Levora

### FRIDAY

START	CLASS	LEVEL	INSTRUCTOR
6:30am	Aqua Fit	Intermediate	Angela
7:30am	Total Body Fitness	Beginner/Intermediate	Frankie
8:30am	Silver Splash®	Beginner	Frankie
9:30am	Shallow Water Fitness	Intermediate	Jan
11:15am	Joints In Motion	Beginner/Intermediate	Elaine
11:30am	Deep Water Fitness	All Levels	Ann

#### YADKIN FAMILY YMCA

6540 Service Road, Yadkinville NC 27055

P 336 679 7962 F 336 679 7983 [www.yadkinymca.org](http://www.yadkinymca.org) A United Fund Agency

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

# Water Exercise Class Descriptions



**Aqua Fit-** Focus on increasing cardiovascular endurance; light weight for beginning exercise. This program features strengthening and stretching exercises through: warm-up, range of motion, flexibility, functional muscle conditioning, muscle strengthening and toning activities.

**Joints In Motion-** This class is designed to improve mobility through a series of stretching and strengthening exercises, performed in shallow water.

**Shallow Water Exercise-** 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, balance, functional muscle conditioning, muscle strengthening and toning activities and fun!

**SilverSneakers® Silver Splash-** This class helps improve your ability to do everyday activities, sleep, combats depression, increases flexibility, and balance. Enjoy the stretching and relaxation! This class is ideal for those with arthritis, cancer, diabetes, back problems, foot and leg injuries, knee problems, and pregnant women.

**Total Body Fitness-** All fitness levels welcome! This moderate intensity workout helps improve range of motion, flexibility, balance, and cardiovascular health. Tone up while you enjoy fellowship and fun!

**Water Recovery (Early AM and Morning)-** Low-impact exercises in the water. Simultaneously helps you develop strength, static balance and increase range of motion. Other benefits include: toning, relieving tensions, renewing energy and rehabbing injured joints and muscles. This is great preventative maintenance for the body.

Beginner 1- This class is more energetic whereas Beginner 2 does the same moves as Beginner 1's, but at a slower pace.

**Deep Water Fitness-** Strength and cardio exercises in the deep water setting. Class improves balance and endurance and lots of fun.

Please contact Jo Beth with any questions [j.boyles@ymcanwnc.org](mailto:j.boyles@ymcanwnc.org)

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