

WATER FITNESS



Non-Swimmers and swimmers can enjoy exercising in the water. Water provides a low impact environment with opportunities to increase your cardiovascular endurance, muscular strength, and flexibility. Regular participation in water exercise will enhance your activities of daily living. Come on, jump in and get wet!! Please wear swimsuits, and shower before entering the pool.

Winter 2012 : Class Description and Schedule

Aqua Combo: The primary focus of this class is to get your blood moving and your heart pumping! The instructor will lead you through a variety of combinations and easy to follow moves in the shallow end of the pool. Often the class is concluded with abdominal exercises and leg strengthening exercises in the deep end.

Dig Deep: This class takes place in the deep end of the pool. Participants wear float belts and/or use noodles to stay afloat. The class focuses on upper and lower body movements that elevate the heart rate and strengthens the muscles.

TETHERED H2O: During this class the participant is tethered to the lane line with a cord to create more resistance while exercising. The movements are similar to the Dig Deep class. Movements are set to music and the class is set up in interval format (recovery exercise to hard effort). This is a great class to work on form, and strengthen the muscles of the lower body while getting a cardiovascular workout.

Gentle Water/ Arthritic Friendly: An exercise class designed for those experiencing arthritis or limited range of motion in joints and muscle movement. The class takes place in the shallow end of the large pool. It is similar to Aqua Combo classes, yet uses slower exercises and lower impact movements. *Tuesday /Thursday class taught by YMCA Instructors.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUA COMBO 9:05 - 10:00am LYNN	DIG DEEP 9:15 - 10:00am BETH	AQUA COMBO 9:05 - 10:00am IRIS	TETHERED H2O 9:15 - 10:00am IRIS	AQUA COMBO 9:05 - 10:00am JANA
Gentle Water Arthritic Friendly 10:00 - 11:00am Group Led	*Gentle Water Arthritic Friendly 10:00 - 11:00am BETH	Gentle Water Arthritic Friendly 10:00 - 11:00am Group Led	*Gentle Water Arthritic Friendly 10:00 - 11:00am IRIS	
	AQUA COMBO 6:30 - 7:30pm MINDY		AQUA COMBO 6:30 - 7:30pm JAYNE	

YMCA MEMBER BENEFIT / Non-members : \$9.00 guest fee
YMCA of Ithaca and Tompkins County
Graham Rd. West, Ithaca, NY 14850
607-257-0101 / www.ithacaymca.com



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY