



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH BAY FAMILY YMCA

WINTER WATER EXERCISE | DEC 1, 2019-MAR 1, 2020

MONDAY AQUA FIT ♦

7:00-8:00A

Martha

DEEP WATER ♦

8:20-9:00A

Martha

TUESDAY AQUA FIT ♦

7:30-8:15A

Rebecca

HYDRO HEALING ♦

10:00-10:45A

Rebecca

DEEP WATER ♦

11:00-11:45A

Rebecca

WEDNESDAY AQUA FIT ♦

7:00-8:00A

Rebecca

DEEP WATER ♦

8:20-9:00A

Rebecca

THURSDAY AQUA FIT ♦

7:30-8:15A

Rebecca

HYDRO HEALING ♦

10:00-10:45A

Rebecca

DEEP WATER ♦

11:00-11:45A

Martha

FRIDAY AQUA FIT ♦

7:00-8:00A

Martha

DEEP WATER ♦

8:20-9:00A

Martha

DEEP WATER ♦

11:00-11:45A

John

SATURDAY AQUA FIT ♦

7:30-8:30A

Alma

♦ **PASS REQUIRED.** Please pick up a pass at the Welcome Center

♥ **Y ACTIVE ADULT.** Activities designed for older adults

★ **65 GETTING STARTED.** A great place to begin or restart your exercise program



CLASSES INCLUDED WITH MEMBERSHIP

SOUTH BAY FAMILY YMCA • AQUA GROUP CLASSES

Class Benefits:

- Flexibility** Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion.
- Cardiovascular Fitness** Strengthens the heart and lungs for efficiency.
- Core Stability** Strengthens the deep abdominal muscles and improves postural alignment.
- Balance** Improves proprioception and reduces the risk of falling.
- Muscular Strength** Increases strength and enhances muscular development and coordination.
- Cognitive Health** Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns.

Water Exercise

Aqua Fit CF CS MS
Low-impact water exercise in shallow water. Non-swimmers welcome.

Deep Water/Strength CF CS MS
Non-impact exercise in deep water with assistance of a flotation belt. Uses resistance equipment to strengthen your entire body

Hydro Healing F CS B MS
Gentle exercise designed to enhance joint mobility beneficial for participants with chronic health conditions