



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## STATESVILLE FAMILY YMCA DECEMBER 2022 WATER FITNESS CLASS SCHEDULE

### Mondays

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

### Tuesdays

START	END	CLASS	LOCATION	INSTRUCTOR
9:15AM	10:00AM	Aqua Energizers	Main Pool	Pat
10:00AM	10:45AM	Water Recovery Shallow	Small Pool	Jocelyn
11:00 AM	11:45 AM	Recovery Plus	Main Pool	Jenna
4:00 PM	5:00 PM	Aquafit Shallow Water	Main Pool	Krista

### Wednesdays

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

### Thursdays

START	END	CLASS	LOCATION	INSTRUCTOR
9:15AM	10:00AM	Aqua Energizers	Main Pool	Pat
10:00AM	10:45AM	Water Recovery Shallow	Small Pool	Jocelyn
11:00 AM	11:45 AM	Recovery Plus	Main Pool	Jenna
4:00PM	5:00PM	Aquafit Shallow Water	Main Pool	Krista

### Fridays

START	END	CLASS	LOCATION	INSTRUCTOR
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 [www.statesvillemca.org](http://www.statesvillemca.org) 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

**Aquafit Energizers** – 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

**Recovery Plus** – Tuesdays & Thursdays 11:00-11:45am - The class is designed for you and your needs; increased flexibility, balance, range of motion, and more. Offered in the Main pool. Level 3

**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

**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

**Aquafit-Shallow Water** – Tuesdays & Thursdays 4:00 – 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 3

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