



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

William G. White, Jr. Family YMCA | WATER FITNESS SCHEDULE | 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquafit – Shallow Water 7:45-8:30AM <i>Anastasia M.</i>	Aqua Basics – Shallow Water 8:15-9:00AM <i>Joy R.</i>	Aquafit – Shallow Water 7:45-8:30AM <i>Anastasia M.</i>	Aquafit – Shallow Water 7:45-8:30AM <i>Anastasia M.</i>	Aquafit – Shallow Water 7:45-8:30AM <i>Anastasia M.</i>	Aqua HIIT – Shallow Water 8:00-8:45AM <i>Natasha L.</i>
Aqua Energizers – Deep Water – Lap Lane* 8:45-9:30AM <i>Wendy V.</i>	Aqua Basics – Shallow Water 11:45AM-12:30PM <i>Sue M.</i>	Aqua Energizers – Deep Water – Lap Lane* 8:45-9:30AM <i>Wendy V.</i>	Aqua Basics – Shallow Water 11:45AM-12:30PM <i>Sue M.</i>	Aqua Energizers – Deep Water – Lap Lane* 8:45-9:30AM <i>Wendy V.</i>	
Strength & Stretch – Shallow Water 11:00-11:45AM <i>Joy R.</i>	Aqua Energizers – Deep Water – Lap Lane* 12:30-1:15pm <i>Joy R.</i>	Aqua HIIT – Shallow Water 7:15-8pm <i>Tracy R.</i>	Aqua Energizers – Deep Water – Lap Lane* 12:30-1:15pm <i>Samuel</i>	Deep Water Extreme – Deep Water – Lap Lane* 6:45-7:30pm <i>Samuel</i>	

****Schedule is subject to change due to closures, cancellations, camp swim, and programming. ****

WILLIAM G. WHITE, JR. FAMILY YMCA

775 West End Boulevard Winston-Salem NC 27101 P 336 721 2100 www.wgwhiteymca.org

Our Mission: “Helping all people reach their God-given potential in spirit, mind and body.”

A United Way Agency. Financial Assistance available

William G White, Jr. Family YMCA Water Fitness Class Descriptions

Aquafit-Shallow Water

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.

Aqua Energizers- Deep Water

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.

Strength & Stretch- Shallow Water

This class begins to work on cardiovascular conditioning, muscle strengthening & stretching using water's natural properties of buoyancy & resistance to achieve safe & effective fitness. Each class is designed to further develop balance and coordination.

Aqua Basics- Shallow Water

Aqua Basics will simultaneously help individuals develop muscle strength and increase static balance, while increasing range of motion. Each class will help to increase muscle tone, balance and flexibility while relieving tension from injured joints.

Aqua Energizers- Deep Water

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.

Aqua HIIT- Shallow Water

High Impact Interval Training. This 45 minute strength-based water workout will engage your full body while protecting your joints from injuries.

Deep Water Extreme- Deep Water

Deep water fitness is a water fitness class for absolutely everyone. This form of swim, resistance and cardio training will make you toned, lean and fit. Using light to moderate resistance. Warm up and cool down with mind relaxing yoga influenced stretches followed by a power packed workout focusing on core strength, balance and lean low impact muscle building.

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