



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS SCHEDULE: YADKIN FAMILY YMCA

MONDAY

START	END	LOCATION	CLASS	NOTES
9:15am	10:00am	Lanes 1-3 Shallow	AquaFit	Level 3
10:15am	11:00am	Lanes 1-3 Shallow	Aquafit	Level 3
11:15am	12:00pm	Lanes 1-3 Deep	AquaFit Energizers	Level 3

TUESDAY

START	END	LOCATION	CLASS	NOTES
8:15am	9:00am	Lanes 1-3 Shallow	Recovery Plus	Level 2
9:15am	10:00am	Lanes 1-3 Shallow	Water Recovery	Level 3

WEDNESDAY

START	END	LOCATION	CLASS	NOTES
9:15am	10:00am	Lanes 1-3 Shallow	AquaFit	Level 3
10:15am	11:00am	Lanes 1-3 Shallow	Aquafit	Level 3
11:15am	12:00pm	Lanes 1-3 Deep	AquaFit Energizers	Level 3

THURSDAY

START	END	LOCATION	CLASS	NOTES
8:15am	9:00am	Lanes 1-3 Shallow	Recovery Plus	Level 2
9:15am	10:00am	Lanes 1-3 Shallow	Water Recovery	Level 3

FRIDAY

START	END	LOCATION	CLASS	NOTES
9:15am	10:00am	Lanes 1-3 Shallow	AquaFit	Level 3
10:15am	11:00am	Lanes 1-3 Shallow	Aquafit	Level 3
11:15am	12:00pm	Lanes 1-3 Deep	AquaFit Energizers	Level 3

Please contact Anna Wagoner at anna.wagoner@ymcanwnc.org or (336) 679-7962 for any questions or concerns.

YADKIN FAMILY YMCA

6540 Service Road, Yadkinville, NC 27055

P 336 679 7962 F 336 679 7983 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



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Class Descriptions

Level 1: Aqua Basics

This class helps individuals develop muscle strength and increase range of motion. Each Class will help to increase muscle tone, balance and flexibility while relieving tension from injured joints.

Level 2: Strength and Stretch

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.

Level 3: Aquafit- Shallow water class

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: Aqua Energizers- Deep water class

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 4: Aqua HIIT

20 seconds of intense activity, then 10 seconds rest, done eight times to maximize results. Utilizing plyometrics, sprinting, and weight lifting this method of training can be extremely beneficial for power development, building muscle mass, and fat burning. You'll also build stronger joints and bones due to the increased impact on your body while protecting the joints in the water.

Aqua Dance

You'll be moving around to choreographed dances with exciting music in this energetic class. You'll get 40 minutes of non-stop cardio and joint-cushioning aqua dance. Followed with 5 minutes of stretching.

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