



Effective March 2020

WATER FITNESS CLASSES –SCHEDULE & DESCRIPTIONS

CHASCO Family YMCA

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7am		\$ Aqua Boot Camp \$ 7:30am - 8:20am			\$ Aqua Boot Camp \$ 7:30am - 8:20am
8am		Silver Splash 8:30am - 9:15am	Silver Splash 8:30am - 9:15am		Silver Splash 8:30am - 9:15am
9am		Aqua Gold 9:30am - 10:00am	Aqua Gold 9:30am - 10am		Aqua Gold 9:30am - 10am
10am		Aqua Stretch 10:30am - 11:00am	Aqua Dance 10:15am - 11:00am		
11am		\$ Aqua Flow \$ 11:10am - 12:00pm (WWT Pool)	\$ Aqua Flow \$ 11:10am - 12:00pm (WWT Pool)		

CLASS DESCRIPTIONS

\$ Aqua Boot Camp (50 minute class) monthly draft / \$ Aqua Flow (50 minute class) monthly draft

AQUA BOOT CAMP: (\$) FEE REQUIRED MUST REGISTER AT MEMBER SERVICES DESK (\$36 a month Members/\$45 a month Non-Members)-monthly

Looking for motivation with the same group week after week? This monthly, circuit-style water fitness workout, will improve your cardiovascular fitness, increase strength, endurance and improve flexibility. Prepare for some intense movement to get your body in shape and achieve maximum results through this fun and challenging total body workout that provides minimum impact on joints! This class incorporates weights, water sprints and some deck movement. **MUST HAVE SWIM EXPERIENCE.**

AQUA FLOW: (\$) FEE REQUIRED-MUST REGISTER AT MEMBER SERVICES DESK (\$36 a month Members/\$45 a month Non-Members)-monthly

Class focuses on flexibility and range-of-motion. We move every joint with a goal to reduce and prevent pain around that joint. Easy walking is done to provide cardio benefits and water adds resistance that improves strength and endurance. This class is designed for all ages that have arthritis, joint or pulmonary issues, and is also beneficial for post-rehab participants. Only 8 people per class. Class Location: Warm Water Therapy Pool

AQUA GOLD: FREE for Members & \$12 for Non-Members – NO REGISTRATION REQUIRED

Get your body in motion with this active older adults low impact class to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required; class will include work with noodles and water weights. Note: Water ranges from 4' to 5' depending on location. Float belts can be used if desired.

AQUA DANCE: FREE for Members & \$12 for Non-Members – NO REGISTRATION REQUIRED

This class is a low impact aquatic exercise, incorporating dance in the pool. Aqua Dance is designed to simultaneously help you develop: strength, static balance, and range of motion.

AQUA STRETCH: FREE for Members & \$12 for Non-Members- NO REGISTRATION REQUIRED

This is a low impact water exercise and relaxation program that has been created to help promote balance and range of motion.