



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC EXERCISE SCHEDULE

HAMPTON FAMILY YMCA

January-2012

POOL SCHEDULE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Shallow Water Aerobics (★) 8:00 AM-9:00 AM Christine		Shallow Water Aerobics (★) 8:00 AM-9:00 AM Christine		Shallow Water Aerobics (★) 8:00 AM-9:00 AM Christine	
Shallow Water Aerobics (★) 9:00 AM-10:00 AM Ann/Christine	Deep Water Aerobics (M) 9:00 AM-10:00 AM Margaret/TBD	Shallow Water Aerobics (★) 9:00 AM-10:00 AM Kat	Deep Water Aerobics (M) 9:00 AM-10:00 AM Christine	Shallow Water Aerobics (★) 9:00 AM-10:00 AM Kat	
Arthritis Aquatic Exercise (L) Low 10:00 AM-10:45 AM Nancy	Water Pilates (L) Low 10:00 AM-10:45 AM Margaret/TBD	Arthritis Aquatic Exercise (L) Low 10:00 AM-10:45 AM Nancy	Water Pilates (L) Low 10:00 AM-10:45 AM Christine	Arthritis Aquatic Exercise (L) Low 10:00 AM-10:45 AM Nancy	
	Aqua Zumba (H) High 11:00 - 12:00 PM Mercedes		Aqua Zumba (H) High 11:00 - 12:00 PM Sobi		SUNDAY
Shallow Water Aerobics (H) 5:45 PM-6:45 PM Pat		Shallow Water Aerobics (M) 5:45 PM-6:45 PM Margaret/Pat		Shallow Water Aerobics (M) 5:45 PM-6:45 PM Julie	
Aqua Zumba (H) High 6:45 PM-7:30 PM Linda				Aqua Zumba (H) High 6:45 PM-7:30 PM Janine	No Friday Aqua Zumba class on January 6, 2012 due to Special Event.

(★) All intensity levels (L) Low (M) Medium (H) High

Please do not enter class after 10 minutes. Thank you!

CLASS DESCRIPTIONS

Shallow Water Aerobics - A moderate-to-high impact and intensity exercise class designed to increase cardiovascular, muscle strength and stamina in shallow water.

Deep Water Aerobics- A moderate to high intensity class (with no impact) designed to increase cardiovascular, muscle strength and stamina. Must have the ability to swim (buoyancy belts are worn).

Water Pilates- This class is designed to use water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. The workout facilitates increased flexibility while challenging individuals to maintain stabilization, postural alignment, and balance.

Twinges N Hinges- A low impact and low to moderate intensity exercise class designed to increase joint mobility, flexibility, and full range of motion in the shallow water.

Aqua Zumba- Known as the Zumba "pool party", Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

It is recommended that you consult your physician prior to starting any exercise program.

1322 LaSalle Ave., Hampton, VA 23669 757 722 9044

A branch of Peninsula Metropolitan YMCA

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12/30/2011