



We build strong kids, strong families, strong communities.

Newport News Family YMCA

7827 Warwick Blvd., Newport News, VA 23607

757-245-0047

July-10

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|----------|--------|
| | Shallow Water Aerobics («) 6:30-7:30 am Kathy | | Shallow Water Aerobics («) 6:30-7:30 am Kathy | | | |
| Swimnastics («) 8:00-9:00 am Tina | Deep Water Aerobics (M) (H) 8:00-9:00 am Diane | Swimnastics («) 8:00-9:00 am Tina | Deep Water Aerobics (M) (H) 8:00-9:00 am Diane | Swimnastics («) 8:00-9:00 am Tina | | |
| Deep Water Aerobics (M) (H) 8:00-9:00 am Janet | | Deep Water Aerobics (M) (H) 8:00-9:00 am Deb | | Deep Water Aerobics (M) (H) 8:00-9:00 am Kelsey | | |
| Aqua-Pilates (M) (H) 10:30-11:30 am Tina/Tannis | | Aqua-Pilates (M) (H) 10:30-11:30 am Tina/Tannis | | Aqua-Pilates (M) (H) 10:30-11:30 am Tina/Tannis | | |
| Aqua-Pilates (M) (H) 7:30-8:30 pm Kathy | Deep Water Aerobics (M) (H) 7:30-8:30 pm Tim | | Deep Water Aerobics (M) (H) 7:30-8:30 pm Kathy | | | |
| | Swimnastics («) 7:30-8:30 pm Diane | | Swimnastics («) 7:30-8:30 pm Diane | | | |

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

Aqua-Pilates - This shallow water class takes traditional Pilates exercises and modifies them for the water. These exercises help strengthen the core of the body, tone muscles, and helps to improve posture, breathing, flexibility, and balance.

Deep Water Aerobics - A moderate-to-high intensity class (with no impact) designed to increase cardiovascular performance, muscle strength, and stamina in deep water (buoyancy belts are worn).

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

Swimnastics - A shallow water exercise class designed to tighten and tone muscles and increase flexibility for the ability to perform daily activities with ease.

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

A branch of Peninsula Metropolitan YMCA - 101 Long Green Blvd., Yorktown, VA 23693

Revised Date: 6/24/2010

POOL SCHEDULE SUBJECT TO CHANGE