



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC EXERCISE SCHEDULE

R. F. WILKINSON FAMILY YMCA

January 2012

POOL SCHEDULE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Combo Water Aerobics (H) 7:00 am - 7:55 am Rita	Combo Water Aerobics (M/H) 8:30 am - 9:30 am Karen	Combo Water Aerobics (H) 7:00 am - 7:55 am Rita	Combo Water Aerobics (M/H) 8:30 am - 9:30 am Karen	Combo Water Aerobics (H) 7:00 am - 7:55 am Rita	Combo Water Aerobics (M/ H) 8:30 am - 9:30 am Karen	
Combo Water Aerobics (M) 8:00 am - 9:00 am Pat	AFYAP Aerobics (L) 9:30 am - 10:30 am Betty	Combo Water Aerobics (M) 8:00 am - 9:00 am Pat	AFYAP Aerobics (L) 9:30 am - 10:30 am Betty	Combo Water Aerobics (M) 8:00 am - 9:00 am Pat	Aqua Zumba Aerobics (M/H) 9:45am - 10:45am Janine	
AFYAP Aerobics (M) 9:00 am - 10:00 am Pat	AFYAP/Water Walking Aerobics (L) 10:30 am - 11:30 am Betty	AFYAP Aerobics (M) 9:00 am - 10:00 am Pat	AFYAP/Water Walking Aerobics (L) 10:30 am - 11:30 am Betty	AFYAP Aerobics (M) 9:00 am - 10:00 am Pat		
Combo Water Aerobics (M) 10:00 am - 11:00 am Betty		Combo Water Aerobics (M) 10:00 am - 11:00 am Betty		Combo Water Aerobics (M/ H) 10:00 am - 11:00 am Karen		
Aquatic Body Sculpting and Toning (M) 5:30 pm - 6:30 pm Linda	Aquatic Combo Strengthen/Stretch (M) 5:30 pm - 6:30 pm Cindy	Aquatic Body Sculpting and Toning (M) 5:30 pm - 6:30 pm Cindy	Combo Water Aerobics (M/H) 5:30 pm - 6:30 pm Charlotte			
	Combo Water Aerobics (M/H) 6:30 pm - 7:30 pm Charlotte		Aqua Zumba Aerobics (M/H) 6:30pm - 7:30pm Janine			

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

CLASS DESCRIPTIONS

Arthritis Aquatic Exercise (AFYAP) - A low impact and low-to-moderate intensity exercise class designed to increase joint mobility and full range of motion in shallow water

Combo Water Aerobics - Practical interval training utilizing shallow and deep water while using aquatic exercises to develop balance, flexibility, endurance, strength, and body tone.

Aquatic Body Sculpting and Toning - A low-impact and low-to-moderate intensity exercise class designed increase joint mobility and full range of motion in shallow water.

Aqua Strengthen and Stretch - A resistance training class that will emphasize on muscular strength/ endurance and conditioning of the muscles by using water barbells, water bars, and noodles. Flexibility and stretching exercises to be incorporated into the class for a full body workout. Low to moderate intensity class.

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.

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A branch of Peninsula Metropolitan YMCA

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