



We build strong kids, strong families, strong communities.

R.F. Wilkinson Family YMCA

301 Sentara Circle, Williamsburg, VA 23188
(757) 229-9622

September 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Combo Water Aerobics (M/H) 6:45am-7:45am Rita	Combo Water Aerobics (M/H) 8:30am - 9:30am Karen	Combo Water Aerobics (M/H) 6:45am-7:45am Rita	Combo Water Aerobics (M/H) 8:30am - 9:30am Karen	Combo Water Aerobics (M/H) 8:00am-9:00am Pat	
	Combo Water Aerobics (M/H) 8:00am-9:00am Pat	Level 1 AFYAP 9:30am-10:30am Betty	Combo Water Aerobics (M/H) 8:00am - 9:00am Pat	Level 1 AFYAP 9:30am-10:30am Betty	Level 2 AFYAP 9:00am-10:00am Pat	Hydro Sculpt (L/M) 9:15am-10:15am Judith
	Level 2 AFYP 9:00am-10:00am Pat	Level 1 AFYP 10:30am-11:30am Betty	Level 1 AFYP 9:00am-10:00am Pat	Level 1 AFYP 10:30am-11:30am Betty	Combo Water Aerobics (M/H) 10:00am-11:00am Karen	
	Combo Water Aerobics (M/H) 10:00am-11:00am Betty		Combo Water Aerobics (M/H) 10:00am-11:00am Betty	Hydrosculpt (L/M) 5:45pm-6:45pm Judith	Aqua Zumba (★) 5:45pm - 6:45pm Judith	
	Aqua Jog/ Spin Aerobics (M/H) 5:45pm-6:45pm Judith	Aqua Zumba (Star) 5:45pm-6:45pm Judith	Hydro Pilates (Star) 5:30pm-6:30pm Judith	Combo Water Aerobics (M/H) 6:45pm-7:45pm Rita	Aqua Jog/ Spin Aerobics (M/H) 6:45pm-7:45pm Judith	
	Hydro Pilates (Star) 6:45pm-7:45pm Judith	Combo Water Aerobics (M/H) 6:45pm-7:45pm Rita	Warm Water Toning (L) 6:30pm-7:30pm Cindy			

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

Combo Water Aerobics - Practical interval training utilizing shallow and deep water while using aquatics exercises to develop balance, flexibility, endurance, strength and body tone. (M/H)

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

Aqua jog/ Spin - Looking for a fast and fun way to exercise? Try water walking/jogging classes. Warm-up, cool down and plenty of water walking/jogging exercises wearing buoyant belts. No swimming experience needed.

Hydro Pilates - Designed to use water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. Set in the healing environment of warm water; Aqua Pilates challenges you to maintain core stabilization, postural alignment, and balance. Aqua Pilates exercises are suitable for all levels of conditioning.

Warm Water Toning - Low impact stretching, flexibility, range of motion and strengthening exercises, using hand bells and noodles in a warm water environment. Aqua shoes required.

Aqua Zumba - If you can walk, you can Zumba. Latin rhythm-based aquatic class working from the core to strengthen and tone muscles. Exercise while having fun. It's the pool party that delivers a total-body workout. Customize your own program. (★) All intensity levels

Hydro Sculpt - (Aqua shoes recommended) Shallow and Deep Water Exercise combinations. Shallow water exercise progressing to deep water wearing buoyant belts. This interval training workout includes concentrated strength training for the arms and abs followed by aerobic conditioning. No swim skills needed. (L/M).

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

