



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC EXERCISE SCHEDULE

VICTORY FAMILY YMCA

February-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Water Aerobics (M) 6:00 am - 7:00 am Dee	Aquatic Body Sculpting & Toning (M) 6:00 am - 7:00 am Mary	Deep Water Aerobics (M) 6:00 am - 7:00 am Dee	Aquatic Combo Strengthen/Stretch (M) 6:00 am - 7:00 am Mary	Deep Water Aerobics (M) 6:00 am - 7:00 am Dee		
Deep Water Aerobics (M) 8:00 am - 8:55am Dee	Shallow Water Aerobics (M) 8:00 am - 8:55am Shelia	Deep Water Aerobics (M) 8:00 am - 8:55am Dee	Shallow Water Aerobics (M) 8:00 am - 8:55am Shelia	Deep Water Aerobics (M) 8:00 am - 8:55am Dee		
Arthritis Aquatic Exercise (AFYAP) (L-M) 9:00 am - 9:55am Courtney	Power Hour Aerobics (M-H) 9:00 am - 9:55am Danielle	AquaZumba Aerobics (H) 9:00 am - 9:45am Stacey	Power Hour Aerobics (M-H) 9:00 am - 9:55am Danielle	Deep Water Power Hour (H) 9:00 am - 9:55am Danielle		
Swimnastics Aerobics (L) 10:00 am - 10:55am Arlyne	Arthritis Aquatic Exercise (AFYAP) (L-M) 10:00 am - 10:55am Mary	Arthritis Aquatic Exercise (AFYAP) (L-M) 10:00 am - 10:55am Faye	Arthritis Aquatic Exercise (AFYAP) (L-M) 10:00 am - 10:55am Mary	Arthritis Aquatic Exercise (AFYAP) (L-M) 10:00 am - 10:55am Faye		
AquaZumba Aerobics (H) 11:00 am - 11:55am Stacey						
Deep/Shallow Combo Water Aerobics (M) 6:45 pm - 7:45 pm Maria	Combo Water Aerobics (M-H) 6:45 pm - 7:45 pm Courtney	AquaBlast Aerobics (H) 6:45 pm - 7:45 pm Arlyne	Shallow Water Aerobics (M) 6:45 pm-7:45 pm Teresa	Deep Water Aerobics (M) 6:45 pm-7:45 pm Kim		

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

POOL SCHEDULE SUBJECT TO CHANGE

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

AquaBlast - A high impact exercise class using dynamic and power movements in an intense cardiovascular workout. Various cardiovascular training techniques and a variety of resistance equipment maybe used.

Aquatic 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, ankle weights, noodles, kickboards, or floatation vests. Flexibility and Stretching exercises to be incorporated into the class for a full body workout. Low to moderate intensity class.

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.

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

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

Deep Water Aerobics - A moderate to high intensity with no impact class designed to increase cardiovascular, muscle strength and stamina in deep water

Deep Water Power Hour - A moderate to high intensity class that focuses on cardiovascular fitness and muscle toning in deep water.

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

Power Hour - A moderate to high intensity class that focuses on cardiovascular fitness and muscle toning in 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.

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A branch of Peninsula Metropolitan YMCA

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1/26/2012