



# Water Aerobics Classes

## WARDLE FAMILY YMCA **JANUARY 2019** revised 12/26/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>8:00-9:00am</b> Power Hour <b>LOU</b> <i>Level 3</i>		<b>8:00-9:00am</b> Power Hour Combo Shallow+ Deep <b>LOU</b> <i>Level 3</i>		
<b>8:45-9:45am</b> Shallow Water <b>Linda G.</b> <i>Level 1</i>	<b>10:30am-11:15pm</b> <b>* New – Fluid Fit Balance-coming soon</b>	<b>8:45-9:45 am</b> Shallow Water <b>Linda G.</b> <i>Level 1</i>		<b>8:45-9:45am</b> Shallow Water <b>Jodi</b> <i>Level 1</i>	<b>9:00-10:00am</b> Deep Water <b>Betty</b> <i>Level 2</i>
<b>10:00-11:00am</b> Combo Shallow+ Deep Water <b>Leslie</b> <i>Level 1</i>		<b>10:00-11:00am</b> Combo Shallow+ Deep Water <b>Nancy</b> <i>Level 2</i>		<b>10:00-11:00am</b> Combo Shallow+ Deep Water <b>Betty</b> <i>Level 2</i>	<b>10am-10:45am</b> <b>* New – Fluid Fit Strength coming soon</b>
	<b>5:30-6:30pm</b> Deep Water <b>Nancy</b> <i>Level 2</i>		<b>6:30pm-7:15pm</b> <b>* New – Fluid Fit Balance-coming soon</b>		

**OUR Y WATER AEROBICS INSTRUCTORS:**

Lou Bergen; Nancy Smith; Betty Landon; Linda Garlinger; Jodi Stefanick ;Leslie Dempsey

**Lou Bergen Aquatics Director** 843-522-9622 ext.236

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



# Water Aerobics Classes

## WARDLE FAMILY YMCA JANUARY 2019 revised 12/26/2018

### Our Water Aerobics Classes:

#### **SHALLOW WATER (You do not need to know how to swim)**

**Level 1 (very low intensity) \* 8:45-9:45am Mon, Wed & Fri\***

This class works all parts of the body and includes **balance, cardio, arm work, and core strengthening** for all abilities. We often begin with 10 minutes of beach ball play for warm up.

**Level 2 (moderate) \* 10:00-11:00am Mon, Wed & Fri- COMBO Shallow+ Deep water.**

**Great class for a good, solid workout. Not only in shallow water, but we utilize the deep end of the pool too, for those who prefer deep water.** This class is designed to increase the heart rate and condition the whole body with less impact on your joints. It combines **cardiovascular and muscular endurance, strength, and core abdominal work.** A variety of training tools are used including noodles and water weights.

**Level 3 (intense) \* 8:00-9:00 am Tues. & Thurs: COMBO Shallow+ Deep water \***

This is a power hour of **quick moving** water AEROBICS!

**DEEP WATER Level 2 (moderate) \* 5:30-6:30pm Tues\* and Level 2 (moderate) \* 9:00-10:00am Sat\***

The **deep-water** classes are for adults of all ages who can swim and are comfortable in deep water. A buoyancy belt is required and provided. Class concentrates on **cardio and interval training using various exercises and lengths of exercise** with short rest periods for optimum benefit.

**\*\*\* NEW -Fluid Fit Balance: \* 10:30am-11:15am – Tues and 6:30pm-7:15pm Thurs**

A new 45-min workout on the floating platform in the pool! This water class incorporates YOGA and Pilates moves to build your balance and strengthen your core. This low impact class gives a full body workout, suitable to all abilities.

**\*\*\*NEW Fluid Fit Strength: \* 10am-10:45am Saturday**

Do you like a challenge? Try our 45-minute class which presents a new, fun, and dynamic way to exercise in and on the water. This class uses a floating training platform challenging your athletic ability and strength. This fast-paced class combines whole body strength exercises with challenged floating in the pool.

***\*Please let your instructor know if you have any medical issues that might require modification of exercises. Also, if you have medical issues please get your doctor's permission before beginning any exercise program.***

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