



NEW Water Fitness Schedule!

Water Exercise...easy on the joints, great work-out and FUN!
Sandusky Area YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



April 2 - 29, 2017

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> |
|--|--|---|---|--|-----------------|
| 9:00-10:00 am Aquanastics (Kathleen) | NEW TIME ↓ 10:00-11:00 am Silver Splash® (Joe-Ann) 11:00-11:45 am Deep Water Running (Kathleen) | 9:00-10:00 am Aquanastics (Barb) | NEW TIME ↓ 10:00-11:00 am Silver Splash® (Barb) 11:00-11:45 am Deep Water Running (Kathleen) | 9:00-10:00 am Aqua Circuit (Kathleen) | |
| 10:00-11:00 am Deep Water Running (Cindra/Kathleen) | | 10:00-11:00 am Deep Water Running (Barb) | | 10:00-11:00 am Deep Water Tabata (Barb) | |
| 11:00-12:00 pm Aqua Fusion (Dana/Cindra) | | 11:00-12:00 pm Aqua Fusion (Joe Ann) | | 11:00-12:00 pm Aqua Fusion (Joe Ann) | |
| | 5:30-6:30 pm Aqua Fusion (Diamond) | | | | |



**TUESDAYS AND THURSDAYS
NEW CLASS TIMES:**
Silver Splash® 10:00 - 11:00 am
Deep Water Running 11:00 - 11:45 am

Double the fun...Bring a friend!

Aquanastics

Shallow water. All fitness levels. Low impact. Develops muscle strength, flexibility, endurance and balance.

Aqua Aerobics

Shallow and deep water. All fitness levels. Low impact. Develops cardiovascular endurance, strength, flexibility and range-of-motion.

Aqua Circuit

Shallow water. All fitness levels. Quick paced, low impact work-out. Class format includes stations of cardiovascular and muscle toning work. Self-paced = Stations are pre-set and individually performed.

Aqua Fusion

Shallow and deep water. Low impact flowing movements, based on Arthritis Foundation guidelines and fused with the active movements of Aqua Aerobics to develop joint flexibility, muscle strength and endurance, balance and posture.

Deep Water Running

Deep water. All fitness levels. Swimming skills are required. No impact. Develops joint flexibility, muscle strength and endurance, balance and posture.

SilverSplash®

Shallow water. All fitness levels. Low impact. Improves agility, flexibility and cardiovascular endurance. Special SilverSplash® kickboard develops strength, balance and coordination.

Tabata: Deep Water Running

Deep water. Advanced. Swimming skills required. No impact. Short rounds of high intensity work, followed by recovery periods.



- * Schedule is available on-line: sanduskyareaymca.org
- * Schedule is subject to change.
- * For additional information, contact Kathleen at (419)621-9622 or kschoder@sanduskyareaymca.org

