

STAYING HEALTHY TOGETHER



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS LITTLE IMPACT, BIG RESULTS.

Are you looking for a great way to stay active, but find yourself restricted by knee, back, or other physical problems? Water fitness may be just what you're looking for!

Your Y offers a variety of water fitness classes at both the Jamerson and Downtown facilities.

Each class uses the natural, gentle resistance of water to help strengthen muscles, without putting pressure on joints.



WATER FITNESS CLASS DESCRIPTION

Active Seniors A workout to target cardio fitness and muscular strength.

Arthritic H2O A workout emphasizing range of motion, gentle stretching, and muscular strength.

Combo H2O A combination of deep and shallow water workouts that focus on cardio conditioning.

Deep H2O A great non-impact workout using floatation devices in the deep water.

MS TheraPOOLtic A class designed for people with MS (Multiple Sclerosis) that works on strength, balance, and range of motion.

Tai Chi A class designed to help all around strength, joint flexibility, balance, and general mobility in a system that is both relaxing and gently invigorating.

Aqua Zumba A fun high energy class designed to get you moving. This class is great for cardio conditioning.

Aqua Boot Camp A high intensity, high energy water workout. Combining aspects of deep and shallow water training this is an entire body workout and a guaranteed calorie burner.

Aqua Yoga A low-impact aquatic exercise, performing yoga poses in warm water. Aqua Yoga strengthens and tones the body while relieving tension and renewing energy.

Aqua Groove A high energy dancercise class that utilizes the water to increase cardio health and muscle strength.





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Jamerson YMCA Summer WATER FITNESS SCHEDULE

Time/Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-8am Family Pool	Combo H2O/ Teresa's Group		Combo H2O/ Teresa's Group		Combo H2O/ Teresa's Group	
8am-9am Family Pool	Active Seniors	Active Seniors	Active Seniors	Active Seniors	Active Seniors	
9am-10am Family Pool	Arthritic H2O	Aqua Yoga	Arthritic H2O	Aqua Yoga	Arthritic H2O	
Comp Pool	Deep H2O	Cardio Combo	Deep H2O	Cardio Combo	Deep H2O	Aqua Zumba
10am-11am Family Pool	MS TheraPOOLtic		MS TheraPOOLtic		Arthritic H2O (10:15-11:15)	
12pm-1pm Family Pool	Arthritic H2O	Aqua Groove	Arthritic H2O	Aqua Groove	Tai Chi (11:15-12:15)	
5:30pm-6:30pm Comp Pool	Aqua Zumba	Aqua Zumba	Aqua Boot Camp	Aqua Zumba		
7:10pm-7:55pm		Aqua Groove (Family Pool)		Aqua Groove (Family Pool)		

Beginners are welcome in any class!

The instructors are able to meet your needs whether you want a moderate or high intensity workout. Trying a class out is the best way to see if you like it!

Water Fitness classes last for 45-55 minutes, starting with a warm up, and ending with a cool down. You don't have to be a strong swimmer to participate! Flotation devices and "shallow end only" workouts are available. If hesitant of deep water, it's recommended that you attend other classes to gain confidence before trying a deep water class.

Water Fitness classes are free for members of all ages! No registration necessary.

Need more info? Contact the Aquatics Department at the Jamerson YMCA (434) 582-1900

**class style may vary according to instructor*