

# 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.





FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# Jamerson YMCA 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	Arthritic H2O (10:15-11:15)	Aqua Groove	Arthritic H2O (10:15-11:15)	Aqua Groove	Arthritic H2O (10:15-11:15)	
11am-12pm Family Pool	MS TheraPOOLtic (11:30-12:30)	Active Seniors	MS TheraPOOLtic (11:30-12:30)	Active Seniors	Tai Chi (11:15-12:15)	
5:45pm-6:45pm Comp Pool	Aqua Zumba	Aqua Zumba	Aqua Boot Camp	Aqua Zumba		
7:15pm-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*