



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Fitness Classes

These circles of friends create a strong community here at the Y. They encourage each other along life's journey while building better health. Think exercising in the water is easy? Sure, it's gentler on the joints, and OK to take it easy. However, if developing strength, balance, and Improving cardio-fitness is your goal, these work-outs will leave you breathless! Give something new a try this year! New friends are waiting just for you!

Morning Classes

Shape Up With Sarge	Mon/Wed/Fri	8:00-9:00 AND 9:00-10:00
Morning Energizer	Tue/Thurs	8:00-9:00
Hearts at Work	Tue/Thurs	9:00-10:00
Flexibility and Fitness	Mon	10:00-11:00
Arthritis	Tue/Wed/Thurs	10:00-11:00

Evening and Saturday Classes

Hearts at Work	Mon, Tue, Thurs	7:05-8:00 PM
Deep Water Exercise	Mon, Tue, Thurs	7:05-8:00 PM
Hearts at Work	Saturday	9:00-10:00 AM

Member

All Classes are FREE for YMCA Members!

Program Participant

10 Class Punch Card \$40.00

Still Not Sure?

First Class is always FREE! Flip the flyer for coupon!

Contact for more information

Mary Wilson, Aquatics Director, 336-395-9622

ALAMANCE COUNTY COMMUNITY YMCA

1346 South Main Street, Burlington NC 27215

P 336 395 9622 F 336 229 4507 www.acymca.org



Weekly Water Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM Shape up with "Sarge"	8:00 AM Morning Energizer	8:00 AM Shape up with "Sarge"	8:00 AM Morning Energizer	8:00 AM Shape up with "Sarge"	
9:00 AM Shape up with "Sarge"	9:00 AM Hearts @ Work	9:00 AM Shape up with "Sarge"	9:00 AM Hearts @ Work	9:00 AM Shape up with "Sarge"	9:00 AM Hearts @ Work
10:00 AM Flexibility and Fitness	10:00 AM Arthritis Water Exercise	10:00 AM Arthritis Water Exercise	10:00 AM Arthritis Water Exercise		
7:05 PM Deep Water & Shallow Hearts @Work	7:05 PM Deep Water & Shallow Hearts @ Work		7:05 PM Deep Water & Shallow Hearts @ Work		

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

FREE Trial with this Coupon
 Good for any water exercise class
 Bring a friend and enjoy it even more!
Swimming ability is NOT necessary!!

Name: _____

Phone #: _____

Email: _____

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