



WATER FITNESS SCHEDULE

WINTER 2024

CLASS NOTES: **TO RECEIVE CLASS UPDATES VIA TEXT, PLEASE TEXT 'WATER' TO (833) 495-4465**

- All classes last 45 minutes
- Participants are asked to not enter the pool deck until 5 minutes before the start of each class in order to limit the number of people on deck

SHALLOW WATER CLASSES						
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am – 8:45am	Morning Energizer w/ Catherine	Morning Energizer w/ Dee	Morning Energizer w/ Catherine	Morning Energizer w/ Dee	Morning Energizer w/ Catherine	
9:00am – 9:45am	Shape Up w/ Rhonda	Hearts at Work w/ Bonnie	Shape Up w/ Catherine	Hearts at Work w/ Bonnie	Shape Up	Hearts at Work w/ Alyce & Renee
10:00am – 10:45am	Hearts at Work w/ Rhonda	Step In w/ Bonnie	Hearts at Work w/ Rhonda	Step In w/ Bonnie	Hearts at Work w/ Rhonda	
7:00pm – 7:45pm		Hearts at Work w/ Renee		Hearts at Work w/ Renee		

DEEP WATER CLASSES						
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am – 9:45am	Aqua Fusion w/ Lauri		Aqua Fusion w/ Lauri		Aqua Fusion w/ Lauri	
7:00pm – 7:45pm		Aqua Fusion w/ Lauri		Aqua Fusion w/ Lauri		

MORNING ENERGIZER: A low to moderate intensity shallow-water workout that will keep you loose and limber for the rest of the day. Participants will improve overall fitness using a variety of equipment and buoyancy techniques. Ideal for both beginner and advanced participants.

SHAPE UP: A well-rounded workout that incorporates stretching, balance, strength, and cardio exercises in a fast paced, fun routine to improve physical fitness. Equipment is used to increase water resistance.

HEARTS AT WORK: A moderate to high-intensity water aerobic workout designed to increase cardio respiratory fitness. This shallow-water class uses range of motion stretches for improving flexibility. Water resistant exercises are used to develop muscle tone and strengthen core muscles.

STEP IN: A shallow-water exercise program with participants new to water fitness in mind. Exercises focus on gentle water walking and beginner-level exercises with the goal of increasing endurance, core strength, muscle toning, and flexibility. This class is recommended for participants new to water fitness or wanting to reduce joint pain and increase joint flexibility.

AQUA FUSION (DEEP-WATER ONLY): A no impact class providing high resistance for a total body workout. Non-swimmers can participate with confidence as flotation belts are provided and recommended. Deep water provides resistance for strengthening major muscles, the cores muscles, back, arms, and legs.

Schedule is subject to change based on instructor availability. For class updates, text 'water' to (833) 495-4465
For questions, please contact Briley Penner (Aquatics Director) at bpenner@acymca.org OR (336) 395-9622 ext. 215

Last Updated October 2023