



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIND YOUR STRENGTH WATER FITNESS



THE ALAMANCE COUNTY YMCA  
1346 S. MAIN STREET, BURLINGTON, NC 27215  
(336)395-9622

FOR A BETTER US.

# WATER FITNESS CLASSES:

The pool is great for exercise because the water offers resistance while reducing the impact of land-based exercises. Water fitness classes are a fun way to exercise, and the low-impact workout builds strength and flexibility for people of all ages. Our Y's water fitness classes use a variety of exercises and equipment and may take place in shallow water, deep water or a combination of the two.

## GROUP CLASSES:

CLASS:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHAPE UP	8:00-8:45AM		8:00-8:45AM		8:00-8:45AM	
WITH SARGE	9:00-9:45AM		9:00-9:45AM		9:00-9:45AM	
MORNING		8:00-8:45AM		8:00-8:45AM		
HEARTS AT WORK	10:00- 10:45AM  Rhonda	9:00-9:45AM Naomi 7:00-7:45PM Renee	10:00- 10:45AM  Rhonda	9:00-9:45AM Naomi 7:00-7:45PM Renee	10:00- 10:45AM  Rhonda	<b>9:00- 9:45AM  Alyce or Renee</b>
ARTHRITIS		10:00- 10:45AM  Naomi		10:00- 10:45AM  Naomi		
AQUA FUSION (DEEP WATER)	9:00-9:45AM  Lauri	7:00-7:45PM  Lauri	9:00-9:45AM  Rhonda	7:00-7:45PM  Lauri	9:00-9:45AM  Rhonda	

- **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 With Sarge:** 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 @ 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.
- **Flexibility & Fitness:** This low to moderate intensity shallow-water workout uses water resistant aerobic activities and range-of-motion exercises that enable participants to increase flexibility, tone muscles and improve balance. Participants are encouraged to work at their own pace.
- **Arthritis Water Class:** A shallow water program of moderate water movements and gentle stretches that allow participants to strengthen muscles for increased endurance and reducing joint pain. Exercises designed to improve joint flexibility and balance.
- **Deep Water Workout:** A no impact class providing high resistance for the total body. Flotation belts are provided to allow balancing the body in vertical or horizontal positions to maneuver in the water. Non-swimmers can participate with confidence as they develop and improve flexibility. Deep water provides a resistance environment for strengthening major muscles, the core muscles of the abs and back, and the arms and legs.
- **Aqua Fusion:** A fusion of challenging and creative movements that include high-intensity cardiovascular and muscle conditioning for a full body workout. This class may include transitions from shallow to deep water, music and fun sets.