



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUN, FRIENDS, FITNESS ALL IN ONE PLACE

## Water Fitness Classes ALAMANCE COUNTY YMCA

Be encouraged on your journey to better health while making new friends in the water! We are just as determined as you are to improve our health through strength and cardio training and to build balance in our bodies as well as our spirits. We hope to see you soon in the pool!

### Morning Classes

Shape Up With Sarge	Mon/Wed/Fri	8:00-8:50 AND 9:00-9:50
Morning Energizer	Tue/Thurs	8:00-8:50
Hearts at Work	Tue/Thurs	9:00-9:50
Arthritis	Tue/Thurs	10:00-10:50
Hi / Low	Wednesday	10:00-10:50
Aqua Fusion (Deep Water)	Fri	10:00-10:50

### Evening and Saturday Classes

Hearts at Work	Mon, Tue,	7:05-7:55 PM
Deep Water Exercise	Mon, Tue, Thurs	7:05-7:55 PM
Hearts at Work	Saturday	9:00-9:50 AM

### Cost:

All Classes are FREE for YMCA Members!

### Contact for more information:

visit our website at [www.acymca.org](http://www.acymca.org)

**ALAMANCE COUNTY COMMUNITY YMCA**  
1346 South Main Street, Burlington NC 27215  
P 336 395 9622 [www.acymca.org](http://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 Arthritis Water Exercise	10:00 AM Hi/Lo	10:00 AM Arthritis Water Exercise	10:00 AM Aqua Fusion	
7:05 PM Deep Water & Shallow Hearts @Work	7:05 PM Deep Water & Shallow Hearts @ Work		7:05 PM Deep Water & Shallow Hearts @ Work		

- **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.
- **Hi / Lo:** Interval Based Water Aerobics

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