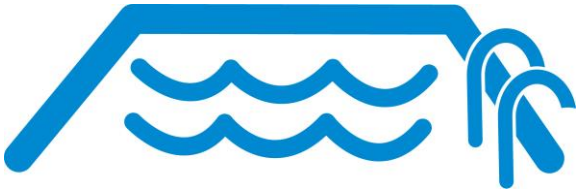
the YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS: AQUA



EFFECTIVE MARCH 2, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
7:00-7:45 AM **MONDAY MONDAY** Kathy N. **MP**	9:00-9:45 AM **ALL TIED UP** Deborah **MP**	7:00-7:45 AM **DRILLS** Deborah **MP**	9:00-9:45 AM **H20 PILATES** Elizabeth **WWP**	9:00-9:45 AM **RIDE** Deborah **MP**
9:00-9:45 AM **TURBO FIN** Deborah **MP**	10:00-10:45 AM **FIGHT BACK UH20 $** **WWP**	8:00-8:45 AM **RIDE** Deborah **MP**	10:00-10:45 AM **JUST MOVE IT** Wendy **WWP**	10:00-10:45 AM **DWR** Deborah **MP**
9:00-9:45 AM **PILATES** Amy **WWP**	10:00-10:45 AM **CYCLE-LATES** Elizabeth **MP**	9:00-9:45 AM **GENTLE FLOW** Kathy N. **WWP**	11:00-11:45 AM **WATER WONDERS** Kate **WWP**	10:00-10:45 AM **POWER** Wendy **WWP**
10:00-10:45 AM **CIRCUITS** Elizabeth **MP**	11:00-11:45 AM **COLLEEN'S CHOICE** Colleen **MP**	9:00-9:45 AM **TURBO FIN** Deborah **MP**	11:00-11:45 AM **JOINT EFFORT** Colleen **MP**	11:00-11:45 AM **FUN & GAMES** Brenda **MP**
11:00-11:45 AM **AFA-ARTHRITIS** Kay **WWP**	11:00-11:45 AM **BACKHAB** Ann Marie **WWP**	10:00-10:45 AM **TOTAL BODY** Jordan **WWP**	1:00-2:00 PM **MS FIT $** Ann Marie **MP**	11:00-11:45 AM **AFA-ARTHRITIS** Kay **WWP**
1:00-2:00 PM **NEW! B's BALANCE** Brenda **WWP**	1:00-2:00 PM **MS FIT $** Ann Marie **MP**	11:00-11:45 AM **MEDITATION** Colleen **WWP**	6:00-6:45 PM **YOGA** Juan **WWP**	12:00-12:45 PM **FLAPPERS** Brenda **WWP**
7:00-7:45 PM **YOGA** Juan **WWP**	7:00-8:30 PM **VOLLEYBALL** **WWP**		7:00-8:30 PM **VOLLEYBALL** **WWP**	

MP=Main Pool WWP=Warm Water Pool

Randolph YMCA
14 Dover Chester Road, Randolph NJ 07869
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2/27/2020

AQUA FITNESS CLASS DESCRIPTIONS

Shallow Water Classes

AFA-ARTHRITIS FOUNDATION APPROVED: A low impact workout designed to maintain and improve flexibility and range of motion for individuals affected by Arthritis.
BACKHAB: Give you back a break with our newest class specifically targeting bad backs. Improve postural alignment, strength, flexibility and cardiovascular endurance.
B's BALANCE: A comprehensive exercise workout that specifically targets areas needed to improve balance. We offer the same class on land!
CIRCUITS: Intense-move from station to station for strength and cardio!
COLLEEN'S CHOICE: It's just that! Colleen will choose a different format each week for your workout!
DRILLS: This format combines strength and cardio in shallow & deep water. Intermediate swimming skills and goggles are required.
FUN & GAMES: A variety of fun fitness games that make you even forget you're working out!
FLAPPERS: Full-body cardio class with an emphasis on muscle development for arms & shoulders for older adults. Intensity adjusted for all with gentle stretching.
GENTLE FLOW: Enjoy a low impact water workout designed to target all joints and muscle groups. You will leave feeling energized and ready for the day!
JUST MOVE IT: Whether a beginner or veteran to water workouts, you'll be challenged with intervals, balance, strength and endurance training and a variety of activities. Your own pace class format, so jump in and just move it.
MEDITATION: Calm your mind & settle your body & focus on your breath.
MONDAY MONDAY Get your week started with an aerobics workout (shallow & deep) targeted to challenge all areas of fitness, core strength, flexibility, coordination & balance.
PILATES & H20 PILATES: Increase flexibility while maintaining core stabilization, balance, and postural alignment in the healing environment of water.
POWER: Fast paced cardio and resistance work and cool down. We promise to power up your workout. Suitable for all levels.
TOTAL BODY: A high intensity interval training that consists of fast paced exercises. A fun and energetic total body workout.
VOLLEYBALL: Spike and splash is back for the entire session. Get in shape and have some non-competitive fun. 18+
WATER WONDERS: Class uses the ancient practices of Yoga and Tai Chi in a soothing warm water environment. Relaxing stretches and gentle poses will improve balance and circulation-create flexibility and relieve stress.
YOGA: Restorative yoga will provide support to open and relax joints, lengthen the spine into alignment and use the breath and movement to promote a meditative quality to the practice…candlelight & music too!

Underwater Bike Class **(Water shoes are required-Limited to 10 participants)**

RIDE: Spinning in the water. Cardio levels run from moderate to high intensity, plus resistance work to sculpt the arms.
CYCLE-LATES: Cardio & strength training all in one class! Combinations of Hydro-Spinning Intervals & Pilates.

Deep Water Classes **YOU DON'T NEED TO BE A SWIMMER, BUT MUST BE COMFORTABLE IN DEEP WATER**

ALL TIED UP: A high intensity interval training workout. Participants will run, swim and stride while tethered to the pool wall.
JOINT EFFORT DEEP: A SUPER cardio and resistance workout with special emphasis on maintaining joint integrity.
DWR (Deep Water Running): Runners-why not subtract from all of that joint pounding roadway mileage that you are accruing each week? Deep water running is the perfect runner's companion providing sports specific training with off-loading of the joints.
TURBO FIN: It's finning kicked up a notch! A high intensity aerobic workout creating resistance by using swim fins.

$ MS FIT (Multiple Sclerosis Fitness): Exercise is essential for overall well-being. Research has shown that exercise can also help manage symptoms of Multiple Sclerosis. These specialized programs focus on maintaining functional ability, improving balance, coordination, mobility, range of motion and combat fatigue.
$ FIGHT BACK UH20: Aquatic boxing class for people diagnosed with Parkinson's Disease. Work on balance & gait training without the fear of falling or injury.