

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.



02/03/2011

Cooper Street  
Branch

## WATER AEROBICS SCHEDULE

	MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY
7:15 AM	Aqua Fitness Carole		Aqua Fitness Carole			
8:15 AM	Aqua Lite Staff	Aqua Fitness Dana	Aqua Sport Dana	Aqua Fitness Dana	Pump H <sub>2</sub> O Sandy	Aqua Fitness Brandi R
9:15 AM	Pump H <sub>2</sub> O Dawn	Aqua Sport Dana	Aqua Fitness Nancy K.	H <sub>2</sub> O Power Akram	Aqua Sport Brandi	Aqua Fitness Dana
10:15 AM	Aqua Fitness Dana		Aqua Fitness Suzy Mc.		Aqua Fitness Janne	
11:15 AM	Gentle Touch Suzy Mc.	MS Aqua Janne	Gentle Touch Suzy Mc.	MS Aqua Carole	Gentle Touch Janne	
5:00 PM	Aqua Fitness Kristy	Aqua Fitness Staff	Aqua Fitness Sandy	Aqua Fitness Nancy K.		
6:15 PM	Aqua Fitness Janne	Aqua Fitness Lisa C	Aqua Fitness Sandy	Aqua Fitness Kristy		

**Aqua Fitness:** This water exercise class provides a low-impact alternative to traditional land aerobics with all the intensity! Aerobic activity and strength building exercises are seamlessly incorporated into each class for a total body workout.

**Aqua Lite:** A great class for active adults or beginning fitness levels! May also be a great workout for more advanced participants by increasing the size and speed of the movements.

**Aqua Sport:** Incorporating athletic style cardiovascular drills and overall toning with resistance equipment, it is a total body workout!

**H<sub>2</sub>O Power:** A high energy, low impact, powerful water workout utilizing every muscle group and every property of water! Class taught at an intermediate level with modifications so everyone can participate.

**Gentle Touch Aqua:** Water exercise that focuses on larger, slower movements to build muscle strength and improve posture and body alignment. This class is appropriate for participants with MS, severe arthritis, or other muscular/joint limitations.

**Pump H<sub>2</sub>O:** A fun water workout that really moves!! We get your heart pumping with intense cardio moves for 30-40 minutes and end with strength training and stretching. All levels welcome!!

**MS Aqua:** This specialty format is designed specifically for participants with Multiple Sclerosis, but is available to all members. An MS Aqua certified instructor will lead members through a series of exercises intended to safely and effectively address the needs of this population. You must sign in at the front desk with each visit prior to involvement.

- All classes are 55 minutes in length.
- Class instructors and times may be subject to change.