



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Water Aerobic Exercise Schedule  
**STOWE FAMILY YMCA**  
**Jan 1<sup>st</sup>- May 31<sup>st</sup> 2019**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
8:15-9:00 am <b>Shallow Water</b> Annette	8:15-9:00 am <b>Shallow Water</b> Nancy	8:15-9:00 am <b>Shallow Water</b> Boyce Annette	8:15-9:00 am <b>Shallow Water</b> Hope	8:15-9:00 am <b>Shallow Water</b> Hope		
9:00-10:00 am <b>Deep Water</b> Jane	9:00-10:00 <b>Joint Venture</b> Hope	9:00-10:00 am <b>Deep Water</b> Boyce Annette	9:00-10:00 <b>Joint Venture</b> Hope	9:00-10:00 <b>Deep Water</b> Sami Nancy	9:00-9:45 <b>Aqua-Strong</b> Carmen	
9:45-10:45 am <b>Shallow Water</b> Carmen	9:00-10:00 <b>Deep Water</b> Jane	9:45-10:45 am <b>Shallow Water</b> Carmen	9:00-10:00 <b>Deep Water</b> Jane	9:45-10:45 <b>Shallow Water</b> Carmen		
10:45-11:45 <b>Shallow Water</b> Carmen	10:15-11:00 <b>Aqua-Strong</b> Michelle H.	10:45-11:45 <b>Shallow Water</b> Carmen	10:15-11:00 <b>Aqua-Strong</b> Michelle E.	10:45-11:45 <b>Shallow Water</b> Carmen		
6:30-7:30 pm <b>Shallow Water</b> Hope	6:30-7:30 pm <b>Deep Water</b> Tekla	6:45-7:45 pm <b>Shallow Water</b> Hope	6:30-7:30 pm <b>Deep Water</b> Shelley			4:00-5:00pm <b>Aqua-Strong</b> Michelle H.

**Class Descriptions**

**Shallow water aerobics** provides an excellent way to workout in an environment geared toward reduced impact on the joints. The water refreshes and cools as you work out, so you can go all out without sweating. Water Aerobics provides an exhilarating workout experience that focuses primarily on cardio, with toning and stretching included.

**Deep water Aerobics** provides an exhilarating workout experience that focuses primarily on toning, with cardio and stretching included. It provides an excellent way to workout in an environment geared toward no impact on the joints. The water refreshes and cools as you work out, so you can go all out without sweating.

**Joint Ventures** is an Arthritis specialty class that focuses on managing arthritis.

**AquaBodyStrong Yoga Fusion** is a balance and strength based water-fitness class that uses inflatable, tethered Aqua Body Strong boards in a pool, lake or marina for a total body, core strengthening workout for all fitness levels. This training modality challenges the body to maintain proper postural control and alignment while moving through a series of transitional movements on an unsteady surface increasing balance, strength, endurance, flexibility, and focus.