



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Aerobic Exercise Schedule
STOWE FAMILY YMCA
Feb 1st- May 31st 2019

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