

Y WATER FITNESS™

We build strong kids, strong families, strong communities.

Fall 2

11/02/2009-12/19/2009



SHALLOW AND DEEP WATER EXERCISE

Using either shallow or deep water, this program offers a great workout for all adults. Deep water participants use aqua joggers to stay afloat. This class meets in the Adams Pool.

Fee: FREE/Members ~ you must register \$50/Program Members

02620-01 Mon-Fri 9-10 am
02620-02 Tues/Thurs 7-8 pm
02622-01 Mon/Wed/Fri 10-11 am**
Deep end only

AQUA-NATAL WATER AEROBICS

Stay in shape during your pregnancy and meet some great people. This class offers a workout tailored to the needs of the expectant mother. This class meets in the shallow end of the Adams Pool.

Fee: FREE/Members ~ you must register \$50/Program Members

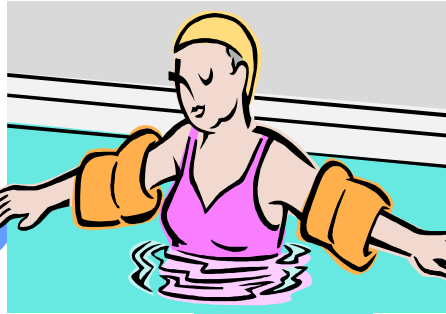
02620-02 Tues/Thurs 7-8 pm

AQUA BURN

Participants will be traveling from the deep end to shallow end of the big pool in a fast paced, high intensity, cardio workout. Swim skills are not necessary, but participants should be comfortable in deep water. Deep water exercises will be using an aqua jogger.

Fee: Free/Members ~ you must register \$50/Program Members

02622-03 Mon/Wed 8:00-9:00pm



YMCA ARTHRITIS EXERCISE

This class emphasizes a wide range of motion and flexibility with very low cardiovascular activity. It takes place in our Robertson Pool (90-degree water). The pool is shallow and the warmer temperature helps your joints move easily.

Fee: \$25/Facility Members \$50/Program Members

02719-01 Mon-Wed-Fri 10:10-11:10 am

ADULT WATER WALKING

Want a way to get into exercising? Our water walking class takes place in the Robertson Pool and uses the shallow water as resistance for a low cardiovascular workout with little impact on the body.

Fee: Free/Members ~ you must register \$50/Program Members

02623-01 M-Th 8-9 am
02623-02 T/Th 6-7 pm

AQUA PILATES

This class is designed to utilize the water to tone and develop muscles, strengthen the core muscles, improve your posture, strengthen your back, flatten your stomach and improve both your flexibility and stamina. This class meets in the Robertson Pool (warm water pool).

Fee: Free/Members ~ you must register \$50/Program Members

02622-04 Friday 8-9pm

If you have any questions please contact Aquatic Director Adam Bander
abander@ymcetrodetroit.org (248) 553-4020 ext. 123