

**Winter I 2010
Water Fitness Schedule
January 4th-February 20th**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:00-8:30am *Water Yoga* (Miriam)		
8:30-9:15am		8:30-9:15am Water Fitness Level 2 (Miriam)		8:30-9:15am Water Fitness Level 2 (Miriam)		
9:25a—10:10am	9:25-10:10am Water Fitness- Level 2 (Bonnie)	9:15-9:45am *Water Yoga* (Miriam)	9:25-10:10am Water Fitness- Level 2 (Betsy)		9:25-10:10am Water Fitness Level 2 (Betsy)	
10:15-11:30am	10:15-11:00am *Water Arthritis* (Bonnie)	10:45-11:30am Silver Splash® (Betsy)	10:15-11:00am *Water Arthritis* (Betsy)	10:45-11:30am Silver Splash® (Sarah)	10:15-11:00am *Water Arthritis* (Betsy)	
11:00-12:15am	11:05-11:50am Water Fitness *Level 3* (Bonnie)	11:35am-12:20pm Deep Water Fitness (Betsy)	11:05-11:50am Water Fitness *Level 3* (Betsy)	11:35am-12:20pm Deep Water Fitness (Sarah)	11:05-11:50am Water Fitness *Level 3* (Betsy)	
2:00-2:50pm	2:00-2:50pm Water Walk & Talk (No Instructor)		2:00-2:50pm Water Walk & Talk (No Instructor)		2:00-2:50pm Water Walk & Talk (No Instructor)	
7:45-8:30pm		7:45-8:30pm *Water Fitness* Level 2 (Bill)		7:45-8:30pm *Water Fitness* Level 2 (Bill)		

**Denotes Paid Class

Program Schedule Subject to Change

Macomb Family YMCA, 10 North River Rd., Mt. Clemens, MI 48043 (586) 468-1411

Financial assistance helps ensure everyone belongs at the YMCA. Ask for details at the courtesy counter.

Water Fitness Class Descriptions

Deep Water Fitness: A DEEP water workout for all fitness levels. Use of different equipment and a pace you set help you get the cardiovascular benefits you want. Enjoy a workout while suspended in the deep end of the pool with equipment to keep you afloat. The balanced workout includes warm-up, aerobic, cool down, strength, toning and flexibility. Intensity is adjusted for all levels of fitness. Participants must be comfortable in deep water.

Silver Splash: From the designers of Silver Sneakers, Silver Splash Programs are specially designed classes incorporate flexibility, strength, cardiovascular endurance and fun into every session. Participants go through gentle exercises in warm water. These movements have many benefits for active older adults and the no impact exercises reduce the pain due to arthritis and other physical conditions. No swimming ability is needed.

Water Fitness Level 2: Complete water fitness class using a variety of exercises and equipment. Activities may include dance, calisthenics, walking, kicking, and the use of specialized equipment. Intensity and impact can be varied on an individual basis. Each class consists of warm-up, aerobic, cool-down, muscle toning, and flexibility segments. Class may take place in shallow water, deep water, or a combination of shallow and deep water.

Water Fitness Level 3: This class combines all the elements of a great workout. Travel through deep water strength and tone exercises to a shallow water cardio workout to a relaxing stretch set up in different circuits. This is a high intensity full body workout. Participants must be comfortable in deep water. Class may take place in shallow water, deep water, or a combination of both.

Water Fitness Specialty-Water Arthritis: These water exercises include low impact exercises designed for people with limited joint motion, strength or cardio-respiratory function. Held in warm water, these classes can help improve flexibility, muscle endurance, range of motion, and balance.

Water Walk and Talk: Fifty minutes of brisk water walking and social interaction with little impact on your joints. The water offers great resistance to your movements helping you to burn calories, enhance your physique and strengthen your cardiovascular muscles. There is no instructor provided for this.

Water Yoga: Come experience muscle release, stress release and a realignment of the spine in a new environment that supports your movement. Water yoga offers unique properties for people of all fitness levels that help safely restore your health and bring a balance to your body and mind.

Class Fees:

Deep Water Fitness:

T 11:35am-12:20pm-YMCA Members \$Member Benefit / Program Members \$30

TH 11:35am-12:20pm- YMCA Members \$Member Benefit / Program Members \$30

Silver Splash:

T TH 10:45-11:30am- YMCA Members \$Member Benefit / Program Members \$60

Water Fitness Level 2:

M 9:25am-10:10am-YMCA Members \$Member Benefit / Program Members \$30

T 8:30-9:15am-YMCA Members \$Member Benefit / Program Members \$30

W 9:25-10:10am-YMCA Members \$Member Benefit / Program Members \$30

TH 8:30-9:15am-YMCA Members \$Member Benefit / Program Members \$30

F 9:25-10:10am-YMCA Members \$Member Benefit / Program Members \$30

T TH 7:45-8:30pm-YMCA Members \$30 / Program Members \$60

Water Fitness Level 3:

MWF 11:05-11:50am-YMCA Members \$45 / Program Members \$90

Water Arthritis:

MWF 10:15-11:00am- YMCA Members \$45 / Program Members \$90

Water Walk & Talk:

MWF 2:00-2:50pm- YMCA Members \$No Charge / Program Members \$50

Water Yoga:

T 9:15-9:45am-YMCA Members \$8/Program Members \$16 and/or Th 8:00-8:30am-YMCA Members \$8/Program Members \$16

Please register for all classes at the courtesy counter or online, regardless of the fees, member benefit classes included.