



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WATER EXERCISE CLASSES

PRINCESS ANNE FAMILY YMCA

FALL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Gentle Water Exercise 8:45-9:30am Multi-level	Aqua Track 8:45-9:30am Multi-level	Gentle Water Exercise 8:45-9:30am Multi-level	Aqua Track 8:45-9:30am Multi-level	Gentle Water Exercise 8:45-9:30am Multi-level		
Aqua Track 9:45-10:45am Multi-level	WATERinMOTION® 9:30-10:30am Multi-level	Aqua Track 9:45-10:45am Multi-level	Water Fit 9:45-10:30am Multi-level	Aqua Track 9:45-10:45am Multi-level		
Water Fit 11:00-12:00pm Multi-level	Aqua Zumba 10:30-11:30am Multi-level	Water Fit 11:00-12:00pm Multi-level	Aqua Zumba 10:30-11:30am Multi-level	Water Fit 11:00-12:00pm Multi-level		
Aqua Track 4:30-5:30pm Multi-level	WATERinMOTION® 5:00-6:00pm Multi-level	Aqua Track 4:30-5:30pm Multi-level	WATERinMOTION® 5:00-6:00pm Multi-level	Gentle Water Exercise 5:45-6:30pm Multi-level		
Aqua Track 5:45-6:30pm Multi-level		Aqua Track 5:45-6:30pm Multi-level				

CLASS INFORMATION & DESCRIPTIONS

All water exercise classes are taught by certified instructors.

Water Fit - This low-impact class is designed to improve flexibility and strength as well as cardiovascular endurance. A great class to enhance mobility for performing daily activities.

Aqua Zumba - Integrating the Zumba format and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body toning and fun.

WATERinMOTION® - Provides a low-impact, high energy challenge. Appropriate for all ages and fitness levels.

Gentle Water Exercise - This class is designed for those challenged with the effects of arthritis, fibromyalgia, multiple sclerosis as well as those recovering from joint injury or surgery. The primary focus of this class is to strengthen muscles and improve joint flexibility and range of motion.

Aqua Track - A coach-led cardiovascular workout performed against a current in a resistance vortex.



PRINCESS ANNE FAMILY YMCA

2121 Landstown Road, Virginia Beach, VA 23456
 P (757) 410-9557 W ymcashr.org