



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WATER FITNESS SCHEDULE

EDMOND YMCA

Winter 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:35-8:25 Deep Water Walk	7:35-8:25 Deep Water Walk	7:35-8:25 Deep Water Walk	7:35-8:25 Deep Water Walk	7:35-8:25 Deep Water Walk		
	7:35-8:25 Stretch and Tone Carletta	7:35-8:25 Cardio Water Tracey	7:35-8:25 Stretch and Tone Lisa	7:35-8:25 Cardio Water Carletta	7:35-8:25 Stretch and Tone Carletta		
When there is lightening in the area, the pool will be closed.	8:30-9:15 Deep Water Kim	8:30-9:15 Deep Water Judy	8:30-9:15 Deep Water Judy/Kim	8:30-9:15 Deep Water Tonya	8:30-9:30 Deep water Kim		
If Edmond Public Schools are closed due to weather, we will not have classes	8:30-9:10 Water Walk	8:30-9:10 Water Walk	8:30-9:10 Aqua Toning Technique Susan	8:30-9:10 Water Walk	8:30-9:10 Water Walk		
	9:15-10:10 Water Aerobics Susan		9:15-10:10 Water Aerobics Susan			9:10-10:05 Water Aerobics Susan	
	9:20-10:10 Deep Water Kim	9:20-10:10 Deep Water Judy		9:20-10:10 Deep Water Tonya			
	1:10-2:00 Senior Water Aerobics Kim		1:10-2:00 Senior Water Aerobics Kim		1:10-2:00 Senior Water Aerobics Kim		
	5:55-6:50 Water Aerobics Jody	5:55-6:50 Water Aerobics Jewel		5:55-6:50 Water Aerobics Judy			



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CLASS DESCRIPTIONS

Aquatic Toning Technique – Using the power of water to tone and strengthen major muscle groups. Incorporates Pilates, yoga, breathing, and relaxation techniques. Water temp to be at 82-84 degrees to be effective, if not, an aerobic component will be added.

Deep Water Aerobics – Exercise in the deep water using a flotation device. Non-impact workout.

Shallow Water Aerobics – Exercise in the shallow water. Non-impact workout.

Stretch and Tone – Warm-up with water walking and easy to follow movements, followed by toning and stretching exercises, including lots of range of motion work. No jumping necessary!

Water Aerobics – Hi or Low impact, moderate to high intensity cardiovascular workout followed by jumping and stretching.

Water Walk – Walking, stretching, or toning...your choice. Work quietly on your own, no instructor.

Please inform your physician when starting or changing an exercise routine. Always discuss whether your routine should be altered if illness occurs or when beginning new medications (some may effect your exercise heart rate)

Edmond YMCA

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