



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS

NORTH SIDE YMCA AUGUST 2011 – MAY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30a High Intensity Water Fitness Luther	7:30-8:30a High Intensity Water Fitness Luther	7:30-8:30a High Intensity Water Fitness Luther	7:30-8:30a High Intensity Water Fitness Luther	7:30-8:30a High Intensity Water Fitness Luther		
8:30-9:30a Cardio Fitness Kendra		8:30-9:30a Low Intensity Water Fitness Jamie		8:30-9:30a Water Toning Willie	9:00-10:00a High Intensity Water Fitness Luther	
1:45-2:45p Silver Splash Luther		1:45-2:45p Silver Splash Doris		1:45-2:45p Silver Splash Luther		
6:15-7:15p High Intensity Water Fitness Heather		6:15-7:15p Deep Water Fitness Heather				

Class Descriptions:

Water Fitness High Intensity: Get ready to move with our high intensity water fitness class. This class will keep you moving non-stop while you improve your cardio conditioning. You will also get the chance to use water weights to help in toning up your muscles. Ending with a great stretching routine to keep your muscle healthy and flexible.

Water Fitness Low Intensity: Don't count this class out! This class is lead the same as our high intensity classes with a little less impact and keeping the heart rate at a more stable cardiovascular rate.

Water Toning: This class will raise your heart rate and give you a great cardio workout with using weights to tone.

Cardio Fitness: We will focus on raising your heart rate and keeping it elevated for a sustainable amount of time. Also including some interval training.

Splash: This class is designed for older adults where the focus is on improving flexibility through a low impact cardio workout. Great for range of motion and arthritis!

Helpful Water Fitness Information:

Don't forget to bring your water! Even though you feel you don't sweat you do and your body needs the water consumption.

Things you find difficult on land will be easier on you in the water but you are still getting a workout!

Water fitness is great for individuals getting started in their weight lose program, recovering from surgeries, have continuous joint or muscle pain, and anyone looking for a change of routine (what looks like fun and splashing around "is" but it's a challenge).

North Side YMCA

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