



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUA FITNESS SCHEDULE

A. C. LEWIS YMCA

Fall 2019 Aquatics Fitness Schedule

All classes are held
in the indoor pool

Schedule is subject to
change without notice.
Please call to confirm
the class times.

The indoor pool and
outdoor pool will close
due to inclement
weather or other
hazardous conditions.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00a Water Wellness Janet		9:00-10:00a Water Wellness Ida		9:00-10:00a Water Wellness Ida
10:00-11:00a Aqua Core-dio Patsy	8:30-9:30a \$\$ Aqua Yoga Bronwen	10:00-11:00a Aqua Core-dio Patsy	8:30-9:30a \$\$ Aqua Yoga Bronwen	10:00-11:00a Aqua Core-dio Patsy
11:00-12:00p Deep Water Fit Patsy		11:00-12:00p Deep Water Fit Patsy		11:00-12:00p Deep Water Fit Patsy
5:30-6:30p Shallow Water Fit Jade		5:30-6:30p Shallow Water Fit Jade		
	6:30-7:30p Aqua Fitness Charmaine/ Ebony		6:30-7:30p Aqua Fitness Charmaine/ Ebony	

Water Wellness – a “holistic approach” and combines light to no impact cardio work with muscle toning and stretching. The gentle stretches improve and reduce joint pain, while core strengthening moves improve posture and balance. Swimming skills not required.

Deep Water Fit – a deep water class appropriate for swimmers that is designed to provide cardiorespiratory training, muscular strength, endurance and flexibility. Individuals with varying fitness levels can participate. Equipment is used for progression and fun.

Aqua Core-dio – A shallow water functional fitness class appropriate for non-swimmers that provides core training and stretching using the buoyancy properties of the water as well as the water’s resistance. The goal of this class is to improve function for daily living and provide some cardio training.

Aqua Fitness –

- **Aqua Blast with Charmaine** : the “pool party” workout for all ages, skills and levels. The fun, energetic workout will keep you constantly moving. It is designed to increase cardio endurance and strength.
- **Aqua Zumba with Ebony** : blends the Zumba® philosophy with water resistance, for one pool party you shouldn’t miss! Water creates natural resistance, which means every step is more challenging and helps tone your muscles

Revised 9/8/2019