



## Aerobics and Deep Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-10:00am Deep Water Workout Pepa	8:00am-9:00am Deep Water Workout Sally	9:00am-10:00am Deep Water Workout Pepa	8:00am-9:00am Deep Water Workout Sally	9:00am-10:00am Deep Water Workout Pepa	9:00am-10:00am Deep Water Workout Sally
10:30am-11:30am Deep Water Workout Sally	9:00am-10:00am Deep Water Workout Lissette/ Kerri	10:30am-11:30am Deep Water Workout Sally	9:00am-10:00am Deep Water Workout Lissette/ Kerri	10:30am-11:30am Deep Water Workout Sally	<b>SHALLOW WATER CLASSES ARE SHADED</b>
1:00pm-2:00pm Active Adult Shallow Water Workout Sally	10:00am-11:00am Healthy Joints Karen	1:00pm-2:00pm Active Adult Shallow Water Workout Sally	10:00am-11:00am Healthy Joints Karen	1:00pm-2:00pm Active Adult Shallow Water Workout Sally	
	7:00pm-8:00pm Aqua Aerobics Workout Cindy	7:00pm-8:00pm Aqua Aerobics Workout Cindy	7:00pm-8:00pm Aqua Aerobics Workout Cindy		<b>Questions or Comments ?</b> Raeleen Galvan – Aquatic Coordinator 949-642-9990 E-mail: rgalvan@ymcaoc.net

### CLASS DESCRIPTIONS

**Healthy Joints-** Do you have arthritis or are your joints in a pinch? Come and try our Healthy Joints class in the warm deep water. You'll be suspended with a waist belt while moving all joints head to toes.

**Active Adult-** Shallow water, low impact aerobics class geared for those that are just starting a fitness routine or are looking for a low intensity workout.

**Aqua Aerobics-** Shallow water, faster paced medium to high impact aerobics geared for those who are already somewhat physically fit.

**Deep Water Workout-** Deep warm water workout, medium impact while suspended with a floatation waist belt. Workout includes resistance training as well as working most muscle groups.

**YMCA of Orange County**

Central Orange Coast Branch



We build strong kids,  
strong families,  
strong communities.