

# GROUP EXERCISE

## Aqua Classes & Deep Pool Schedule

7/28/10

### DEEP POOL OPEN SWIM TIMES:

MON	WED	FRI	SAT
10:00-10:30AM	10:00-10:30AM	10:00-10:30AM	10:00-11:00AM
11:30AM-12PM	11:30AM-12PM	11:30AM-12PM	
2:00-3:00PM	2:00-3:00PM	2:00-3:00PM	

DEEP POOL	MON	TUE	WED	THUR	FRI	SAT	SUN
8:00-9:00		Deep Water Workout (Sally) ∞		Deep Water Workout (Sally) ∞			
9:00-10:00	Deep Water Workout (Pepa) ∞	Deep Water Workout ∞ (Lissette/Nicole)	Deep Water Workout (Pepa) ∞	Deep Water Workout ∞ (Lissette/Kari)	Deep Water Workout (Pepa) ∞	Deep Water Workout (Sally) ∞	
10:00-11:00		Healthy Joints (Karen) ∞		Healthy Joints (Karen) ∞			
10:30-11:30	Deep Water Workout (Sally) ∞		Deep Water Workout (Sally) ∞		Deep Water Workout (Sally) ∞		∞ Gluco-Fit Club Approved
LAP POOL	MON	TUE	WED	THUR	FRI	SAT	SUN
1:00-2:00pm	Active Adult Shallow Water Workout (Sally) ∞		Active Adult Shallow Water Workout (Sally) ∞		Active Adult Shallow Water Workout (Sally) ∞		
7:00-8:00pm	Aqua Workout (Cindy) ∞		Aqua Workout (Cindy) ∞	Aqua Workout (Cindy) ∞			∞ Gluco-Fit Club Approved

### CLASS DESCRIPTIONS:

**Active Adult** – A low impact aerobic class geared for those that are just starting a fitness routine or are looking for a low intensity workout. This class is held in the shallow pool.

**Aqua Workout** – A faster paced low to medium impact class with 30 minutes of cardio & 30 minutes of wall work giving you a full body workout in the shallow pool. This class also uses kickboards. All levels are welcome!

**Deep Water Workout** – A moderately fast-paced deep warm-water, no-impact workout which provides excellent cardio and core conditioning while suspended with a flotation belt. Buoyancy resistance equipment is used to increase exercise intensity.

**Healthy Joints** – This is an endurance format class with continual traveling movement. Minimal resistance equipment is used to enhance joint stability, as recommended by the Arthritis Foundation for arthritis and fibromyalgia. You'll be suspended with a flotation belt while moving all your joints head to toe.

If you have any questions regarding classes please contact Vanessa Jackson at [vjackson@ymcaoc.org](mailto:vjackson@ymcaoc.org) or 949-722-3823.



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