



# AQUA FITNESS SCHEDULE Effective 4-23-18 to 4-28-18



**NOTE:** Pool 2 classes require sign-in at the Welcome Desk to obtain a ticket to assure spot in class.

## CERTIFIED FITNESS INSTRUCTORS

**Healthy Living Director: Aaron Hochmann**

Alica Bercury / Penny Birch / Aaron Hochmann / Sandy Ihlenfeld / Michelle Kovach  
Nancy Leonard / Evonne Patterson / Nichole Porch / Christine Shuler / Mickey Stewart / Natalie Wall / Sally Wood

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:30 AM	<b>AQUA BLAST OFF!</b> Penny Pool 1	<b>AQUA Intervals</b> Natalie Pool 1		<b>DEEP H2O SUSPENSION</b> Christine Pool 1	<b>AQUA P.E.</b> Michelle Pool 1	<p>Aqua Fitness classes can be strenuous. Please consult your physician. By participating in these classes, you indicate you have no physical conditions or health problems.</p> <p>Age 14 and older welcome.</p> <p>Please bring water to class.</p>
11:00 - 11:45 AM	<b>Aqua Total Fit</b> Nancy - Pool 2		<b>Work It In The Water</b> Aaron Pool 2			
12:00- 12:45 PM		<b>SilverSneakers Splash!</b> Christine Pool 2	<b>Aqua Zumba</b> Nichole Pool 2	<b>Gentle Water Exercise</b> Christine Pool 2	<b>Golden Splash</b> Sally Pool 2	
1:00 - 1:45 PM	<b>Aqua Total Fit</b> Sally Pool 2	<b>Warm Water Intervals</b> Natalie Pool 2		<b>Aqua Movin' &amp; Groovin'</b> Natalie Pool 2	<b>1:00-2:00 Aqua Zumba</b> Nichole Pool 2	
2:00 - 2:45 PM		<b>Arthritis Foundation Aquatic Program</b> Natalie Pool 2		<b>Arthritis Foundation Aquatic Program</b> Natalie Pool 2		
5:30-6:15 PM				<b>AQUA BOOT CAMP</b> Evonne Pool 1		

**AQUA BLAST OFF** - Start your week off in the water to high energy moves, music & fun! Aqua drills and skills will blast you through the water keeping the energy level HIGH. The class will use a variety of moves from grounded on the pool floor to power jumps through the water with pool tools to make it a challenging workout!

**AQUA BOOT CAMP** - Advanced class in Pool 1. If you love boot camp on land, Try it in the WATER! This class uses various water resistance tools to shape & tone muscles while giving you a great cardio workout! Get stronger without impacting your joints.

**AQUA INTERVALS** - An interval-based class designed to help improve your overall fitness & get your heart pumping while reducing stress on your joints. We mix in different types of intervals & recover exercises and give the option to use both the shallow & deep ends of the pool. If you like to swim, this class is for you! If you don't, no worries.. Modifications are offered for all exercises. Flotation belts available, but not required. Come try it!

**AQUA MOVIN' & GROOVIN'** - A fun, new class in the warm water pool where we'll be movin' & groovin' to the beat of anything from "oldies but goodies" to some modern music. No swimming required.

**AQUA P.E.** - Phys Ed class in the pool! Using all components of the water to strengthen muscular development and cardiovascular system. Pool equipment will be used and water belts will be available to everyone. No class will be the same.

**AQUA TOTAL FIT** - Exercise your whole body-from the feet up and the inside out. This class is a moderately-paced cardio workout with exercises focusing on mobility, strength, flexibility & endurance. It is perfect for increasing your confidence with everyday activities.

**AQUA ZUMBA** - Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Less impact on your joints. Water creates natural resistance, so every step is more challenging & helps tone your muscles.

**ARTHRITIS FOUNDATION AQUATIC PROGRAM** - this class is designed to increase range of motion, flexibility, and coordination for those who have arthritis.

**DEEP H2O SUSPENSION** - Come experience water fitness in the deep end of the pool. Water belts are available. A great full body workout including cardio and toning segments done in the deep end of Pool 1.

**GENTLE WATER EXERCISE** - A light cardio workout! Increase strength and flexibility using a variety of water exercise equipment. Gentle on your joints! Come join us in the warm water McLaughlin Pool for non-impact exercise.

**GOLDEN SPLASH** - This low impact aqua class is for active older adults of all abilities, which allows you to relax in the warmth of Pool 2 & includes a variety of exercises and aqua equipment to increase strength, flexibility & range of motion.

**SILVERSNEAKERS® SPLASH** - Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility & flexibility while addressing cardiovascular, strength & endurance conditioning. No swimming ability required. A SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance & coordination.

**WARM WATER INTERVALS** - This class is designed to help improve your overall fitness with different types of interval and recovery exercises for a total body workout that is gentle on your joints. No swimming required. Each participant decides their own intensity level for the day. Same great class-new name! Come and try it!

**WORK IT IN THE WATER** - Let water be your resistance! Work your body in a comfortable and safe manner while increasing heart rate and challenging your endurance. If you have joint or bone issues, or just enjoy water exercise, this class will give you the workout you need!

## **Get Into The Swim Of Things**

Are you ready to take the plunge and try a new fitness activity? How about water exercise? Water exercise is one of the best non-impact fitness activities around and just about anybody can participate. Pregnant women, the elderly, overweight, individuals with arthritis, or those recovering from an injury can all benefit from the wide variety of aquatics classes currently available.

Here are the facts: The buoyancy of water reduces the "weight" of a person by about 90 percent. This means that the stress on weight-bearing joints, bones, and muscles is similarly reduced. For this reason, it is unlikely that a water workout will result in injury or leave you with sore muscles. That's why the pool is such a great place for people with arthritis or back problems to exercise, and for those who are new to exercise. But don't get the idea that just because it doesn't hurt, you can't get a great workout in the pool. Water exercise can encompass all of the components of fitness: cardiovascular fitness, muscular strength and endurance, & flexibility. And, when done regularly, water exercise can help reduce body fat.

## **Water Works Your Heart**

Aerobic workouts in the pool are perfect for those who find the same movements on land too jarring or painful: running, striding, kicking, leaping, and even dancing. Keep in mind that in the water, heart rate will be reduced by as much as 17 beats per minute when compared to land exercise. That's why it's so important to pay attention to how you feel. Your heart rate might indicate that your intensity is too low when you are actually exercising quite strenuously.

## **Water Adds Resistance**

The resistance of water is perfect for a strength-training workout - instead of weights, the water itself provides the resistance. One of the easiest ways to create resistance in the water is to cup your hands and push or pull the water away from you. Other devices, such as dumb bells and water gloves can increase the resistance to provide a more intense workout.

## **The Flexible Benefits Of Water**

One of the greatest benefits of water exercise is its effect on flexibility. Water is a welcome environment for performing stretches that might otherwise be difficult on land. Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

## **Aquatics 101**

Once you've decided to take the plunge, it's simply a matter of finding the right class for you. Check out some Aqua Fitness classes and drop in on one or two to see if they are right for your fitness level. A good class should include a good warm up, a period of cardiovascular and muscle conditioning that gradually increases and then decreases in intensity, and a cool down. The cool down should include plenty of flexibility exercises for the entire body.

The pool is a fun place to feel like a kid again and to get a great workout. In fact, instead of feeling out of breath or exhausted, a water class can leave you feeling surprisingly calm, yet energetic. So, even if you're a dip-your-toe-in-the-water type of person, don't be afraid to take the plunge into water fitness.

Schedules available on  
our mobile app!  
Download by searching  
Butler County Family YMCA

### **YMCA Contact information:**

Healthy Living Director:  
Aaron Hochmann • [ahochmann@bcfymca.org](mailto:ahochmann@bcfymca.org)



Butler YMCA • 339 North Washington St • Butler PA 724-287-4733  
[www.bcfymca.org](http://www.bcfymca.org)