



# AQUA FITNESS SCHEDULE Effective 9-14-20 to 10-23-20

**NOTE:** You may reserve your class up to 3 days in advance at the Welcome Desk. Please call if unable to attend.

## CERTIFIED FITNESS INSTRUCTORS

**Membership & Healthy Living Director: Heidi Nicholls Bowser**

**Group Exercise Coordinator: Mickey Stewart**

Alicia Bercury / Penny Birch / Alice O'Melia / Evonne Patterson / Christine Shuler / Michelle Wimer

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:00 - 9:45 AM</b>			<b>AQUA Intervals</b> Christine Pool 1			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. Age 14 and older welcome. Please bring water to class.
<b>9:30 - 10:15 AM</b>				<b>DEEP H2O SUSPENSION</b> Christine Pool 1	<b>AQUA Intervals</b> Evonne Pool 1	
<b>11:15 AM - 12:00 PM</b>	<u>11:00-11:45am</u> <b>Easy Does it Water</b> Alice O. Pool 2		<b>Gentle Water Exercise</b> Christine Pool 2	<b>Gentle Water Exercise</b> Christine Pool 2	<b>NEW TIME</b> ↓	
<b>12:00-12:45 PM</b>	<b>Aqua Exercise for Arthritis</b> Evonne Pool 2	<b>Work It in the Water</b> Evonne Pool 2		<u>12:15-1:00pm</u> <b>Aqua Total Body Strength</b> Evonne Pool 2	<u>12:15-1:00pm</u> <b>AQUA ZUMBA</b> Alicia Pool 2	
	<b>TO PROMOTE SOCIAL DISTANCING, CLASS SIZES ARE LIMITED TO 24 MEMBERS IN POOL 2 AND 20 MEMBERS IN POOL 1.</b>					

**AQUA EXERCISE FOR ARTHRITIS** - Gentle water exercise for people with arthritis. Range of motion exercise will be emphasized. Enjoy the relief that warm water exercise provides!

**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 TOTAL BODY STRENGTH**- Experience this total body low-impact strength workout in the warm pool! Water resistance and Aqua resistance equipment will be used to strengthen every muscle in your body!

**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.

**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.

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

**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.

**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:**

Membership & Healthy Living Director: Heidi Nicholls Bowser  
Group Exercise Coordinator: Mickey Stewart

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