



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RECIPE FOR FITNESS: JUST ADD WATER

Water Fitness Schedule Winter I: January 6 – February 23, 2019

TOM MURRAY FAMILY AQUATICS CENTER

Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Aqua Boot Camp Heidi Lap Pool 7:00AM-8:00AM	Strength & Stamina Carole Warm Water Pool 7:00AM-8:00AM	Aqua Attack Heidi Lap Pool 7:00AM-8:00AM	Muscle Up! Carole Warm Water Pool 7:00AM-8:00AM	Triple Threat Heidi Lap Pool 7:00AM-8:00AM	
8:00AM	Triple Threat Carole Lap Pool 8:00AM-9:00AM	Cardio Intervals Carole Lap Pool 8:00AM-9:00AM	HIIT Circuit Karin Lap Pool 8:00AM-9:00AM	Buoys & Bands Carole Lap Pool 8:00AM-9:00AM	Total Aqua Body Karin Lap Pool 8:00AM-9:00AM	
9:00AM	Core Challenge Carole Warm Water Pool 9:00AM-10:00AM	Aqua Power Carole Warm Water Pool 9:00AM-10:00AM	Aquabata Karin Warm Water Pool 9:00AM-10:00AM	Aqua Circuit Carole Warm Water Pool 9:00AM-10:00AM	Cardio Burn & Tone Karin Warm Water Pool 9:00AM-10:00AM	
10:00AM	Aqua 1,2,3 Systems Karin Warm Water Pool 10:00AM-11:00AM	Aqua Arthritis Carole Warm Water Pool 10:00AM-11:00AM	Flexious Flow Karin Warm Water Pool 10:00AM-11:00AM	Aqua Arthritis Carole Warm Water Pool 10:00AM-11:00AM	Ready, Set Friday!!! Karin Warm Water Pool 10:00AM-11:00AM	
11:00AM		 Sherri Warm Water Pool 11:00AM-12:00PM	 Alicia Warm Water Pool 11:00AM-12:00PM			

Check Times	Cardio Burn & Tone Karin Warm Water Pool 7:30PM-8:30PM		 Danielle Warm Water Pool 7:30PM-8:30PM			 Danielle Warm Water Pool 1:00PM-2:00PM
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SUNDAY	 Danielle Warm Water Pool 10:00AM-11:00AM
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AQUATICS COORDINATOR:

SENIOR PROGRAM DIRECTOR:

WATER FITNESS INSTRUCTORS:

Michelle Gonzalez mgonzalez@bcfymca.org

Karen Guise kguise@bcfymca.org

Alicia Bercury, Heidi Brandon, Danielle Duchame-Ward, Sherri Frontino, Carole Sudar, Karin Summers

Ages 14 and up are welcome!

- Schedule is subject to change.
- Water Fitness classes can be strenuous.
- Please bring water and avoid eating up to 30 minutes before taking a class.
- Consult with your physician before participating.
- Participation indicates you have no physical condition or health problems.

WATER FITNESS CLASSES:

AQUA 1,2,3 SYSTEMS: A new class that specializes in progressions and regressions. This class is for everyone and three different levels of each move will be taught. You determine how easy or hard you want to work. We will work the entire body and use many different pieces of equipment.

AQUA ARTHRITIS: This warm water recreational exercise program is designed for people with impaired joint motion. The purpose is to reduce pain and stiffness and increase joint range of motion while having fun with basic resistance movements and water walking. Beginners welcome!

AQUA ATTACK: This is a true water course; your feet will rarely touch the bottom of the pool. Through the use of aqua jogging belts, hand buoys, and weights, you will strengthen your core as well as build endurance and strength in your extremities.

AQUA BOOT CAMP: Devoted to improving your all around ability in the water through the use of weights, aqua jogging belts, and fins; this endurance class will push you to your limits!

AQUA CIRCUIT: This tried and true program is a member favorite! By combining stationary & traveling circuits of cardio and strength moves using the resistance from the water, your endurance & balance will be challenged while having fun!

AQUA POWER: Through the use of equipment and body positions, resistance is added to create a shallow-water fitness program that targets muscular strength and endurance, range of motion and balance skills.

AQUA ZUMBA: Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, along with shouting, laughing, hooting and hollering are often found during this class. Aqua Zumba blends a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.



AQUABATA: 20 seconds of high intensity or concentrated moves with 10 seconds recovery. This is a fun and energetic class that will get your blood pumping.

BUOYS & BANDS: This class uses hand buoys and other equipment for upper body strength and cardio in the deep and shallow ends of the pool. Class finishes with resistance bands in the shallow end to concentrate on toning and sculpting the lower body.

CARDIO BURN & TONE: 10 minute segments alternating between cardio and toning with every piece of equipment in the closet!

CARDIO INTERVALS: Using both deep and shallow ends of the pool, this class includes intervals of cardio moves that will get your heart pumping and then finishes with 15 minutes of ab work.

CORE CHALLENGE: By combining cardio exercises and suspended positions, this class uses a variety of moves and equipment to strengthen your core while also challenging your balance and agility.

FLEXIOUS FLOW: A new class that is designed to make easy transitions for your body. We will focus on the mobility matrix of your joints to help you improve your daily function all while having fun to great music.

HIIT CIRCUIT: High Intensity Interval Training (HIIT) cycles include 20-30 seconds of hard intensity with 10 second recovery. Class begins in the deep end and finishes in the shallow end.

MUSCLE UP!: Grab a set of heavy and light weights and join this intense muscle-building class! Through a series of exercise with a heavy set of weights using lower reps and then repeating the same exercise using a lighter set of weights with higher reps, participants will work on sculpting their upper and lower body.

READY, SET FRIDAY!: A fun mixture of dance, cardio and toning.

STRENGTH & STAMINA: This no no-nonsense, no frills, non-stop weight workout will push you just hard enough to get results! Each weight segment is followed by 2 minutes of intense standing ab work to test your stamina.

TOTAL AQUA BODY: This class begins with cardio in the deep end with a belt, transitions to suspended moves in shoulder deep water, and finishes with toning exercises in the shallow end.

TRIPLE THREAT: This class is one third cardio, one third deep water or resistance training, and one third weightlifting, to challenge you beyond your comfort zone – concentrating on cardio, abs and strength training using resistance paddles.