

Call front desk for session dates and times.

Shallow Water Aerobics

The shallow, warm water pool provides a great setting for an enjoyable 55 minute full body workout. Develop cardiovascular fitness and muscle toning through exercises and routines, which include the use of resistive equipment. Each class is designed to address the fitness levels of the participants. Swimming skills are not required. Beginners are welcome.

M, Tu, W, & Th 8:00- 8:55 am
W, & F 12:00- 12:55 pm
M, W 6:00- 6:55 pm
Members Only, FREE

Deep Water Aerobics

If you are comfortable in deep water and want to add some variety to your exercise program, include the dimension of a deep water aerobic routine! Deepwater workouts offer a superior range of motion and allow for greater muscular strengthening. Deepwater equipment will be used for buoyancy and added resistance. Most exercises are done in a vertical position and are designed to provide a great full body workout.

Tuesdays 6:00 am - 6:55 am
M, Tu, W, Th, & F 9:05- 10:00 am
Members Only, FREE

Active Older Adult Aquacise (AOA)

The shallow, warm water pool provides a great setting to get moving with ease. Water exercise will help improve range of motion and flexibility, develop cardiovascular fitness, tone muscles, and improve circulation, all in a buoyant, liquid environment. Each class is designed to address the fitness levels of the participants and may include the use of equipment for added resistance or buoyancy. Swimming skills are not required. Beginners are welcome.

Tuesdays and Thursdays: 11:15- 12:15 Members Only, FREE

Arthritis Foundation YMCA Aquatic Program

This water exercise program includes range of motion and muscular strength and endurance exercises. This program was designed by the Arthritis Foundation for people with arthritis and other related conditions, but is beneficial for all individuals who are ready to join a low intensity exercise class. Participants will experience many benefits, including the opportunity to develop greater mobility and range of motion through aquatic exercise. The warm water in the YMCA's instructional pool makes starting this basic level class easy.

M, W, F 11:15- 12:00 (small pool)
Members: FREE
Non Members: Based on a 7 Week Session
1 class/week \$48
2 classes/week \$72
3 classes/week \$93

NEW! ARTHRITIS FOUNDATION PLUS AQUATIC CLASS

This NEW class that takes place in the small pool is for those that are ready to progress beyond the basic arthritis program. Class still includes range of motion exercises but will add more endurance, movement and strength exercises.

Monday 12:00- 1:00 (small pool)
Members: FREE
Non-members based on a 7 Week Session
\$48