



# WATER EXERCISE SCHEDULE

**BRANCH: Rite Hite Family YMCA**

**Winter 1: January 6th-February 23rd 2020**

**Winter 2: February 24th-April 19th 2020**

**Spring: April 20th-June 6th 2020**

\*CP = Community Participant

<b>MONDAY</b>			
Class	Time	Member Fee	CP Fee
Joint Movement	9:00-9:45	\$7	\$37
Deep Water Exercise	9:30-10:15	Free	\$47
Shallow Water Exercise	10:45-11:30	Free	\$47
Joint Movement	5:00-6:00	\$7	\$37
<b>TUESDAY</b>			
Class	Time	Member Fee	CP Fee
Joint Movement	9:00-10:00	\$7	\$37
Deep Water Exercise	9:30-10:15	Free	\$47
MS/Stroke Recovery*	10:00-11:00	\$5	\$47
Shallow Water Exercise	11:15-12:00	Free	\$47
Aqua Zumba**	6:45-7:30	\$14	\$47
<b>WEDNESDAY</b>			
Class	Time	Member Fee	CP Fee
Joint Movement	9:00-10:00	\$7	\$37
Deep Water Exercise	9:30-10:15	Free	\$37
Shallow Water Exercise	10:45-11:30	Free	\$37
Aqua Zumba**	6:45-7:30	\$14	\$47
<b>THURSDAY</b>			
Class	Time	Member Fee	CP Fee
Joint Movement	9:00-10:00	\$7	\$37
Deep Water Exercise	9:30 - 10:15	Free	\$37
MS/Stroke Recovery	10:00-11:00	\$5	\$37
Shallow Water Exercise	11:15-12:00	Free	\$37
Aqua Zumba**	6:45-7:30	\$14	\$47
<b>FRIDAY</b>			
Class	Time	Member Fee	CP Fee
Joint Movement	9:00-9:45	\$7	\$37
<b>SATURDAY</b>			
Class	Time	Member Fee	CP Fee
Aqua Zumba	12:00 - 12:45	\$14	\$47

\*both Tues. & Thurs.

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<b>Zumba Class Passes:</b>	Member Fee	CP Fee	Days you can attend
Tuesday/Thursday package:	\$20	\$75	Both Tues. and Thurs.
Aqua Zumba All Session Pass:	\$40	\$150	All: Tues, Wed, Thurs, Sat



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## **Class Descriptions:**

### **Complementary Classes (no fee for members):**

#### **Shallow Water Exercise:**

Make the most of the resistive qualities of water to help increase your flexibility, cardio fitness level, and muscle strength. Perfect for first-time exercisers, currently active, or those looking for a good workout. This class is taught in chest deep water. Participants

#### **Deep Water Exercise:**

A powerful workout that will improve your posture, strength, and cardiovascular endurance. This non-impact exercise is a perfect alternative for individuals with knee or back problems, or those looking for a break from running or high impact activities. Participants should be comfortable in deep water.

### **Specialty Classes (fee):**

#### **Joint Movement:**

An aquatic exercise program designed for people with arthritis and related conditions. The water provides gentle resistance to build muscle strength and support joints to encourage free movement. Participants should be comfortable in the water but do not need to have swimming skills. Please check with your physician before beginning this program.

#### **MS/Stroke Recovery:**

This class is a stretching/exercise class for those individuals that have physical limitations including but not limited to loss of movement, muscle stiffness and joint restrictions. It is great for those with MS, recovering from a stroke, fibromyalgia, or spinal injury. If you need assistance in the locker room or getting into and out of the pool please bring an aid.

#### **Aqua Zumba:**

Jump into the Latin-inspired, easy to follow, calorie-burning, dance fitness party that makes working out a splash! This program is a safe, effective, and challenging workout that integrates the Zumba formula and philosophy into traditional aqua fitness, moving against the resistance of the water.

\*\*Package prices for Aqua Zumba are listed on the front.