

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			7:00 – 8:00 am Yoga - Level I/II Sara <i>Dance Studio</i>		
9:00 – 9:45 am Sit and Be Fit Regina <i>Dance Studio</i>		9:00 – 9:45 am Sit and Be Fit Regina <i>Dance Studio</i>		9:00 – 9:45 am Sit and Be Fit Regina <i>Dance Studio</i>	9:00 – 10:15 am Yoga Basics Debi/Allison <i>Dance Studio</i>
10:00 – 11:00 am Pilates Sylvia <i>Dance Studio</i>	10:00 – 11:15 am Yoga Basics Debi <i>Dance Studio</i>	10:00 – 11:00 am Pilates Sara <i>Dance Studio</i>		10:00 – 11:00 am Pilates Sylvia <i>Dance Studio</i>	10:30 – 11:45 am Yoga - Level I/II Allison <i>Dance Studio</i>
	11:30 – 12:45 pm Yoga - Level I/II Debi <i>Dance Studio</i>		11:30 – 12:30 pm Yoga - Level I/II Sara <i>Dance Studio</i>		
5:30 – 6:30 pm Yoga - Level I/II Adrienne <i>Dance Studio</i>	6:00 – 7:00 pm Zumba Catrina <i>Auditorium</i>	6:30 – 7:30 pm Body Sculpt Jenny <i>Dance Studio</i>	6:00 – 7:00 pm Yoga - Level II Marie <i>Dance Studio</i>		
6:00 – 7:00 pm 20/20/20 Dawn <i>Auditorium</i>	6:00 – 7:00 pm Yoga - Level I/II Adrienne <i>Dance Studio</i>	6:30 – 7:30 pm Tai Chi Pete <i>Auditorium</i>			

class descriptions:

20/20/20	20 minutes of high-energy aerobics + 20 minutes of toning resistance work + 20 minutes of intense abdominal work = 60 minutes of the best variety in exercise. All fitness levels welcome.
Body Sculpt	Transform your body with this resistance workout! We will use resistance bands, free weights, slo-mo and stability balls to sculpt and tone your entire body. All fitness levels welcome.
Pilates	Based on a fitness system designed by Joseph Pilates, this class concentrates on your core muscles – abs, obliques, and lower back – that stabilize the rest of your body. Improve your posture, flexibility and overall strength with controlled movements and breathing. All fitness levels welcome.
Yoga - Level II	Are you ready to take your yoga to the next level? Join this 60 minute class that will focus on a vigorous form of yoga that stretches, strengthens and tones the entire body. Previous yoga experience is recommended.
Sit and Be Fit	Rise and shine in the morning with this fun and energizing low impact class! Designed to increase flexibility, endurance and strength while in a seated position, seniors and fitness beginners will discover that you <u>can</u> sit and be fit!
Tai Chi	Take a break from everyday stress and try this ancient form of Chinese martial arts that emphasizes continuous relaxed movements. This safe, low impact exercise is good for all fitness levels.
Yoga basics	Come learn the basics of yoga, beginning with the principles of alignment, basic postures, breathing exercises, and meditation. This class is excellent for those who want to renew their practice or for those brand new to yoga.
Yoga - Level I/II	This mixed-level class takes time to fully explore each posture and will increase flexibility, build strength and improve posture and circulation. Each instructor brings a different style to each class. All fitness levels welcome, but some yoga experience preferred.
Zumba	Zumba is a fun, energizing aerobic workout that combines interval and resistance training. It is a mixture of body sculpting movements with easy to follow dance steps that are guaranteed to burn calories, tone your body, and leave you asking for more!

aquatics schedule - spring 2008

effective April 1 - June 30, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 – 8:50 am Deep Water Aquacize Mary Ann	8:00 – 8:50 am Deep Water Fun & Fitness Julie	8:00 – 8:50 am H²O Dynamics: Deep Water Rita	8:00 – 8:50 am H²O Dynamics: Deep Water Rita	8:00 – 8:50 am H²O Dynamics: Deep Water Mary Ann	
9:00 – 9:50 am H²O Dynamics: Shallow Water Mary Ann		9:00 – 9:50 am H²O Dynamics: Shallow Water Rita	9:00 – 9:50 am Arthritis Water Fitness Rita	9:00 – 9:50 am H²O Dynamics: Shallow Water Rita	9:00 – 9:50 am Adult Swim Lessons*
10:00 – 10:50 am Power Hour Karen	10:00 – 10:50 am Senior Splash Rita	10:00 – 10:50 am Power Hour Karen	10:00 – 10:50 am Senior Splash Rita	10:00 – 10:50 am Power Hour Karen	10:00 – 10:55 am WaterBabies
11:00 – 11:50 am Combo Fitness Karen		11:00 – 11:50 am Combo Fitness Karen		11:00 – 11:50 am Combo Fitness Karen	11:00 – 12:00 pm swim lessons*
	3:30 – 7:00 pm swim lessons*		3:30 – 7:00 pm swim lessons*		
6:00 – 7:00 pm Wet-N-Wild Aqua Aerobics Shelley	6:00 – 7:00 pm Advanced Aqua Cardio Shelley	6:00 – 8:45 pm Lap Swim (all lanes open)	6:00 – 7:00 pm Advanced Aqua Cardio Julie		

class descriptions:

Advanced Aqua Cardio	Develop strength, speed and endurance by learning new aerobic techniques in the shallow end. A medium to high-intensity aquatics workout that will tone and sculpt your muscles. Water shoes are recommended.
Arthritis Water Fitness	This gentle, low-impact shallow water class is perfect for people with arthritis. Through active movements such as water walking and exercises based on movement found in daily activities, students will expand their range of motion, improve their flexibility and balance, and practice perfect posture...and have a great time!
Combo Fitness	A combination class in the shallow and deep water. Warm up stretching and strength exercise in the shallow water. The class will finish in the shallow end with stretching and a cool down.
Deep Water Aquacize	This deep water class is for all levels. It offers non-impact cardio and muscular conditioning and will increase your range of motion. This class is good cross-training for runners, joggers, walkers or weight trainers.
Deep Water Fun and Fitness	This energizing workout ranges all over the pool. Flotation belts keep our heads above water as we put our legs, arms and torso muscles – especially that all important muscle, the heart – through their paces. This flowing, non-impact routine is perfect if you're dealing with an injury, arthritis, excess weight or pregnancy, or if you're just tired of beating yourself up with exercise.
H²O Dynamics: Deep and Shallow Water	This deep/shallow water class begins with a warm-up that focuses on balance and posture. You then move into cardiovascular conditioning exercises, including intervals, muscular training with emphasis on core muscles using Styrofoam dumbbells, and stretching exercises for flexibility. This class is designed for beginners, intermediate or advanced students with each student able to work at their own level.
Power Hour	This medium level aerobic class is done in the shallow water. It starts with warm up stretching exercises; gradually building up to aerobic exercises, followed by heavy interval aerobic work. It includes strength exercises, abdominal work, and finishing stretching exercises.
Wet-N-Wild Aqua Aerobics	A fun "total" workout set to music and done in the shallow end of the pool. The class is designed for beginners, intermediate or advanced students with each being able to work at their own level.
Senior Splash	This class is a lower level cardio with emphasis on muscular conditioning, joint flexibility, posture, and balance.

* pool is open to YWCA members during swim lessons