

## AQUATICS SCHEDULE CALCUTTA YMCA

Temporary Adjusted Schedule: Classes begin June 29<sup>th</sup> Class attendance is limited; call to reserve your spot Must bring your own equipment

SPRING & SUMMER 2020 Revised 5/29/20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lane	Lane	Lane	Lane	Lane	Lane	Lane
Reservations	Reservations	Reservations	Reservations	Reservations	Reservations	Reservations
9:00A to 1:30P	7:00a to 6:30P	7:00a to 6:30P	7:00a to 6:30P	5:30A to 8:45P	7:00a to 6:30P	8:00a to 1:00P
	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics	
	10:00 to 10:45A		10:00 to 10:45A		10:00 to 10:45A	
		Water Pilates		Water Pilates		
		10:00 to 11:00A		10:00 to 11:00A		
	Water Walkers	Water Yoga &	Water Walkers	Water Yoga &	Water Walkers	
	12:00 to 12:45P	Basic Stretching	12:00 to 12:45P	Basic Stretching	12:00 to 12:45P	
		11:00 to 11:45A		11:00 to 11:45A		
	Water Arthritis		Water Arthritis		Water Arthritis	
Class			Class		Class	
	12:00 to 1:00P		12:00 to 1:00P		12:00 to 1:00P	
Family	Family	Family	Family	Family	Family	Family
Reservations	Reservations	Reservations	Reservations	Reservations	Reservations	Reservations
9:00a – 1:45p	12:00p – 6:30p	12:00p – 6:30p	12:00p – 6:30p	12:00p – 6:30p	12:00p – 6:30p	9:00a – 12:45p

Exercising in the water has several advantages for all fitness levels. Water buoyancy lessens the stress on weight bearing joints, making movement more comfortable and is a great cross training activity. The water also provides mild resistance to all movements. The warmer water aids in relaxing the muscles and in stretching.

## **Water Fitness Class Descriptions**

Aqua Aerobics		2	An energetic and invigorating class that combines 30 minutes of cardiovascular conditioning followed by 30 minutes of strength training for a fun filled total body workout accompanied by upbeat music, with no strain on joints and muscles.			
Shallow Water Runners		1	Have fun and move to the music in the shallow end of the pool using the natural resistance of the water to increase strength and cardiovascular health, during either of these one hour workouts.			
Movin & Groovin		2	A less rigorous class, combining social fitness and fun in the pool, using foam weights and noodles for stretching with no stress to muscles and joints			
Water Pilates		3	This program creatively adapts Pilates exercises for the pool. Elongate the entire body with unique conditioning exercises. Build a stronger core by moving from the inside out. Develop strength and flexibility with fluidity and grace.			
Water Yoga & Basic Stretching		3	Learn how to stretch your entire body while providing resistance. Enhance flexibility, strength, breathing and body awareness while connecting mind and body.			
0 Active Older = Adults			3 Mid Intensity C = 1 Workouts have no choreographed = CHOREOGRAPHY = movements			
1 Low Intensity =	/		4 High 2 Loose choreography that can be adapted 3 Class is based on choreographed movements			