



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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GHS Aquatics Center at the Middle Tyger Water Group X Schedule

August 20th – December 31st

Updated: 8/3/2018

Morning Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15am	Fitness: Henri	OPEN	Fitness: Henri	OPEN	Fitness: Henri
9:15am	Deep H2O: Henri	OPEN	Deep H2O: Henri	OPEN	Deep H2O: Henri
10:00am	OPEN	Deep H2O: Regina	OPEN	Deep H2O: Regina	OPEN
10:15am	Recovery: Henri	OPEN	Recovery: Henri	OPEN	Recovery: Henri
11:00am	AOA: Henri	Water Walking: Regina	AOA: Henri	Water Walking: Regina	AOA: Henri

+Evening Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:45pm	Small Pool Deep: Cynthia	Water Bootcamp: Sabina	OPEN	Water Fit: Cynthia/Virginia	OPEN

****Walk a Mile 2 x a month during Water walking****

Class descriptions on back

Class Descriptions for GHS Aquatics Center at the Middle Tyger YMCA

Water fitness classes consist of a variety of water exercise classes to meet the needs of all ages and fitness levels. Water exercise is easy to learn, safe and low impact to minimize muscle soreness. The natural buoyancy of water supports joints and creates a resistant environment to work muscles. Water fitness classes are free to YMCA members.

Want to participate? You will need a bathing suit or workout suit, towel, and water exercise shoes or shoes that are only worn in the water. A certified lifeguard is on duty during all class session. We encourage participants to start in a program in which they will be successful initially and then move to a higher level program as they become more comfortable with water exercise. The following are ranked in order from LEAST to MOST difficult.

Water Recovery: Water exercise class for those who need more individual attention and supervision in the water due to a disability, rehabilitation from surgery, illness or injury. Participants must have approval from their doctor and be interviewed by Henri, Water Fitness Coordinator, 433-9623

Water Walking: 45minutes of various water walking movements with upper body exercises. It is an excellent cardiovascular workout as well as a great muscle conditioning program for beginners. (Recommended for those with lower back pain and beginners to working out)

AOA: Active Older Adults includes shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability required

Water Fitness: Fun and motivating shallow water aerobics class that is great for conditioning heart and lungs, tone muscles and increase flexibility. We encourage everyone to work at your own pace so beginners as well as advanced students reach optimal conditioning. Participants use water resistance equipment and strive for higher fitness levels.

Water Bootcamp: intense cardio workout while be easy on the joints

Small Pool Deep: whole body workout in the warmer water with participants wearing ski belts

Deep Water: Is the ultimate non-impact workout, a challenging deep-water aerobics class in the large pool. Non-swimmers are welcome; however you should be comfortable in deep water. Ski belts keep participants afloat and vertical. There is no impact on joints, but lots of resistance to strengthen muscles. It's a total body workout!