

WATER EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10:10a	Water Sculpting Sam		Water Sculpting Sam		
10:15-11:10a	Water Tabata Judy	Water Walking Judy	Splash & Tone Judy	Water Walking Judy	Water Circuit Judy
5:00-6:00p	Aqua Fit Belinda (5:30)		Aqua Fit Belinda (5:30)		Aqua Fit Belinda (5:30)

Water Exercise Class Descriptions:

Water Sculpting: Enjoy the benefits of total body sculpting class incorporating strength and endurance training, along with cardiovascular segments in the water. Come and give it a try, designed for all fitness levels. Beginner-friendly.

Splash & Tone: A great variety of strength training and cardio exercise utilizing various aquatic exercise equipment to give you a full and complete workout with results! Beginner-friendly

Water Tabata: Exercise in the water combining strength training and cardio incorporating high intensity intervals with recovery segment.

Aqua Fit: This class, developed by the Arthritis Foundation, is wonderful for those needing a little TLC. It will focus on using the natural support and resistance of the water to relieve stiffness and stress associated with arthritis, chronic fatigue, or musculoskeletal conditions

Water Walking: A mix of strength and cardio using walking in the water at various speeds, times and distances; mixed with movements that use your body weight and the water weights.

If you have any additional questions please contact:

John Veal, Healthy Living Director at JVeal@lawtonfamilyymca.org

Updated: February 2020