



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER FITNESS CLASSES



## AQUA DANCE

Aqua Dance has taken dance & aerobics, and integrated them in a water-based workout. Jump right in and join the party! Build cardiovascular fitness and strength. It's easy on the joints, yet challenging enough to help you reach a new level of fitness. Suitable for every age and fitness level. Participants are encouraged to wear water shoes and bring some water!

## POWER MOVERS AND SHAKERS

Refreshing and fun, low impact, and easy on the joints. Power Movers and Shakers incorporates aqua bells & noodles for full body workout. Can be modified for all fitness levels. Enjoy lively music and group dynamics using the shallow end of the pool. Water shoes are recommended but not required. Open to all members; women and men.

## DEEP WATER HIIT

The popularity of high intensity interval training is on the rise. High intensity interval training (HIIT) workouts involve bouts of high intensity effort followed by varied recovery times. HIIT workouts tend to burn more calories and boost metabolism more than other traditional workouts. Even though a HIIT workout is challenging, it can be modified for people of all fitness levels. Deep Water HIIT participants will be secured with a swim belt to allow safe and free flow movements.

## AQUA BOOTCAMP

Aqua Bootcamp is the high intensity workout you've been looking for!

If you're looking for a workout which will maintain or increase your fitness level with less impact on your joints, a "liquid gym" is the place to be!

This higher intensity class is designed to improve cardio conditioning and endurance; alternating with strength/balance, and core training.



**MORE ON THE BACK**

**RANDOLPH-ASHEBORO YMCA**

343 NC Hwy 42N / PO Box 1152—Asheboro, NC 27203/4 (336) 625-1976—[www.RandolphAsheboroYMCA.com](http://www.RandolphAsheboroYMCA.com)





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### TOTAL BODY WORKOUT

Total Body Workout class begins with a five minute warm up that leads into intense water weights and noodles routine. The exercises work the core, arms, and legs with a splash of cardio. All this is accompanied by music from the past in the shallow end of the pool. Water shoes are recommended. All ages are encouraged to attend!

### EVENING ENERGIZER

Evening Energizer shallow water aerobics class includes stretches, cardio, weights, core and muscle strengthening and helps with flexibility and stress relief.

The exercises can be adapted for a wide range of ages as well as those with chronic arthritis, or recovering from knee, hip or shoulder issues.

### AQUA BANDS PLUS

Enjoy rhythmic music & aquatic exercise with resistance bands plus. Challenging full body workout can be modified for all fitness levels using shallow end of pool

Open to all adult members. Water shoes recommended but not required.

### WATER AEROBICS

Join us for aerobics. Water aerobics are a great low-intensity way to get fit through exercises that develop cardiovascular fitness and muscle strength. Varied times make it easy to get involved.

### ARTHRITIS AEROBICS

This class is designed with exercises to help develop muscle strength and flexibility. It's a hit with our seniors!

### SENIORS IN MOTION

Not just for seniors, this class is open to Adults of all ages!

### DEEP WATER INTERVALS

Interval training has been shown to improve cardiorespiratory endurance and burns more calories than continuous training. Deep water exercise is a great fitness experience that uses the resistance of the water to improve strength, promotes full range of motion while also minimizing impact on joints.

For all fitness levels - you decide how hard you work. Deep Water Interval participants will be secured with a swim belt to allow safe and free flow movements.