



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **RANDOLPH-ASHEBORO YMCA**

### **WATER FITNESS SCHEDULE**

#### **AQUA BOOTCAMP - 10:00 AM Mon (Margaret)**

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.

#### **ARTHRITIS AEROBICS - 9:00 AM Mon (Annette)/ Wed/Fri (JoAnne)**

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

#### **DEEP WATER HIIT - 9:00 AM Mon, Wed and Fri (Margaret)**

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.

#### **TOTAL BODY WORKOUT - 9:00 AM Tues & Thur (Annette)**

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!

#### **WATER AEROBICS - 10:00 AM Tues & Thur (Jean)**

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.

#### **AQUA DANCE - 10:00 AM Wed (Margaret)**

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!