



# RANDOLPH-ASHEBORO YMCA POOL CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<p style="text-align: center;"><b>MONDAY</b></p> <p>9:00 AM Deep Water HIIT Richard  9:00 AM Arthritis Aerobics JoAnne  10:00 AM Total Body Stretch Annette  <b>NEW!</b></p>	<p style="text-align: center;"><b>TUESDAY</b></p> <p>9:00 AM Total Body Workout Annette  10:00AM Low Impact Aerobics Jean  1:00 PM Low Impact Aerobics Ursula</p>
<p style="text-align: center;"><b>WEDNESDAY</b></p> <p>9:00 AM Deep Water HIIT Richard  9:00 AM Arthritis Aerobics JoAnne  10:00 AM Aqua Fun Fit Lisa</p>	<p style="text-align: center;"><b>THURSDAY</b></p> <p>9:00 AM Total Body Workout Annette  10:00AM Low Impact Aerobics Jean  1:00 PM Low Impact Aerobics Ursula</p>
<p style="text-align: center;"><b>FRIDAY</b></p> <p>9:00 AM Deep Water HIIT Richard  9:00 AM Arthritis Aerobics JoAnne  10:00 AM Aqua Fun Fit Lisa</p>	<p style="text-align: center;"><b>Classes are One Hour</b></p> <p style="text-align: center;">Instructors are happy to meet with  you 15 minutes before class  – by appointment –  if you have questions or would like  to be shown fundamentals</p>

Effective March 1, 2023

## Benefits of Water Aerobics Classes:

Great Exercise for Everyone

No Swimming Required

Less Impact on Joints

Builds Strength

Improves Range of Motion

Helps with Weight Management

Build Community and Have Lots of Fun!



**CLASS DESCRIPTIONS ON BACK**

# Class Descriptions

## Aqua Fun Fit

This is a cardio based workout to music, taught in the shallow end of the pool. Each participant is encouraged to have fun while moderating their workout to suit their own personal fitness level of high or low impact and intensity.

## Arthritis Aerobics

This is a low impact class, taught in the shallow end of the pool, focused on improving mobility, flexibility, while maintaining muscle mass and increasing strength. Each participant is encouraged to exercise at their own pace and level of fitness.

## Deep Water HIIT or High Intensity Interval Training

This class features a variety of short bursts of high intensity exercises followed by a shorter period of recovery taught in the deep end of the pool. HIIT is specifically structured to burn calories and boost metabolism. Although the workout is challenging, it can also be modified for people of all fitness levels. Participants are required to wear flotation belts provided by the Y or feel free to bring your own.

## Low Impact Aerobics

This is a low intensity class taught in the shallow end of the pool focused on keeping your body moving while improving your overall cardiovascular health and fitness. Instructors may utilize dumbbells, noodles, bands, and/or the pool wall to assist in strengthening and stretching. Each participant is encouraged to exercise at their own pace and level of fitness.

## Total Body Stretch – NEW!

This is a no impact-no intensity class taught in the shallow end of the pool designed for people of all workout levels and ages to increase mobility and flexibility.

## Total Body Workout

This is a fun filled, high energy workout to music that focuses on the entire body. Each class begins with a ten minute stretch and transitions into forty minutes of aerobics, ending with strengthening the upper/lower body. Each workout is designed to reach a goal of at least 5,000 steps. Participants are encouraged to modify their workout to suit their own personal fitness level.