



# RANDOLPH-ASHEBORO YMCA

## POOL CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>MONDAY</b>	<b>TUESDAY</b>
8:00 AM Deep Water Aerobics Richard 9:00 AM Deep Water Aerobics Richard 9:00 AM Arthritis Aerobics JoAnne 10:00 AM Total Body Stretch Annette 6:05 PM Deep Water Aerobics LeeAnne	8:00 AM Deep Water Aerobics Penny 9:00 AM Total Body Workout Annette 10:00 AM Moderate Intensity Aerobics Barbara 12:00 PM Medium Intensity Aerobics Ursula 6:05 PM Aqua Moves Shelby
<b>WEDNESDAY</b>	<b>THURSDAY</b>
8:00 AM Deep Water Aerobics Richard 9:00 AM Deep Water Aerobics Richard 9:00 AM Arthritis Aerobics JoAnne 10:00 AM Aqua Blast Lisa 6:05 PM Deep Water Aerobics LeeAnne	8:00 AM Deep Water Aerobics LeeAnne 9:00 AM Total Body Workout Annette 10:00AM Moderate Intensity Aerobics Barbara 12:00 PM Medium Intensity Aerobics Ursula 6:05 PM Aqua Moves Shelby
<b>FRIDAY</b>	<b>SATURDAY</b>
8:00 AM Deep Water Aerobics Richard 9:00 AM Deep Water Aerobics Richard 9:00 AM Arthritis Aerobics JoAnne 10:00 AM Aqua Blast Lisa	9:00 AM Deep Water Aerobics Penny 10:00 AM Deep Water Aerobics Penny

### Classes Are One Hour

Instructors are happy to meet with you 15 minutes before class – by appointment – if you have questions or would like to be shown fundamentals

### 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 Blast- Lisa

This is a dynamic low impact, cardio workout in the shallow end of the pool that provides a medium/high energy challenge for participants of all ages. Jump in and make a splash as you tone and taper your entire body to today's and yesterday's hits.

## Aqua Moves - Shelby

This is a cardio based workout, taught in the shallow end of the pool; focused on improving strength and balance; maximizing resistance, while enhancing your physical and mental well-being. Come "Aqualize" your potential while having fun!

## Arthritis Aerobics - Joanne

This is a moderate impact workout, taught in the shallow end of the pool, focusing on improving your mobility, flexibility, maintaining muscle mass and increasing strength.

## Deep Water Aerobics – Richard, LeeAnne, Penny

This is a low impact workout in Deep Water, excellent for all ages. It's designed to increase range of motion and flexibility, improve cardiovascular function, and minimize the effects of arthritis. Participants are required to wear flotation belts provided by the Y or bring their own.

## Medium Intensity Aerobics - Ursula

Taught in the shallow end of the pool; focuses on improving range of motion and flexibility for those with knee, back and balance issues, while increasing stamina. The instructor may utilize weights, bands, noodles & the pool wall to tone and strengthen.

## Moderate Intensity/Moderate Impact - Barbara

Taught in the shallow end of the pool, with a focus on moving your body while improving overall cardiovascular health and fitness. The instructor may utilize dumbbells and noodles.

## Total Body Stretch - Annette

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 - Annette

This is a fun filled, high energy workout, designed to reach 5,000 steps while moving your body to the beat. Each class begins with a ten-minute stretch, transitions into forty minutes of aerobics, and ends with strengthening your upper/lower body.

*Water Aerobic Participants are encouraged to modify workouts to suit their personal fitness level.*