

WATER EXERCISE PROGRAM

A.C. Lewis YMCA

Morning

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 8:00am		Aqua Fit		Aqua Fit	
9:00-10:00am	Twinges		Twinges		Twinges
10:00-11:00am	Aqua Core-dio		Aqua Core-dio		Aqua Core-dio
11:00-12:00pm	Deep Water Fit		Deep Water Fit		Deep Water Fit

Evening

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:30pm	Deep Water Fit	Deep Water Fit	Deep Water Fit	Deep Water Fit	

Twinges: This class is designed for those with arthritis or limited range of motion. Gentle stretches improve and reduce joint pain, while core strengthening moves improve posture and balance. Muscle toning and 10 minutes light, little to no impact aerobics. Swimming skills not required.

Aqua Fit: A shallow water fitness class appropriate for non swimmers which is designed to meet the needs of individuals with varying fitness levels. This class provides cardiorespiratory, muscular strength and flexibility training through the properties of water and resistance equipment.

Deep Water Fit: A deep water class appropriate for swimmers that is designed to provide cardiorespiratory training, muscular strength and endurance and flexibility. Individuals with varying fitness levels can participate. Increased buoyancy for no impact and the increased resistance of movement makes this workout effective. Equipment is used for progression and fun.

Aqua Core-dio: A shallow water functional fitness class appropriate for non swimmers that provides core training and stretching using the buoyancy properties of the water as well the water's resistance. The goal of this class is to improve function for daily living and provide some cariorespiratory training.



Please contact Abby Craanen for more info:
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