



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER EXERCISE PROGRAM

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

## Class Descriptions:

**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.

**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 cardiorespiratory training.

### **A.C. Lewis YMCA**

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