



WATER FITNESS

MAY 2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM Splash & Tone With Sally	9:30AM Aqua Zumba With Dominic	9:00AM Splash & Tone With Florence	9:30AM Aqua Zumba With Dominic	9:00AM Water Sculpt With Marcus
10:30AM Water Power With Sally	10:30AM Aqua Fit With Florence	10:30AM Water Power With Sally	10:30AM Aqua Fit With Florence	10:30AM Water Power With Nikki
1:30PM Aqua Mix With Nikki		1:30PM Aqua Mix With Nikki		1:30PM WATER WALKING NO INSTRUCTOR
5:30PM Aqua Zumba With Dominic	5:00PM Deep Circuit With Betty	5:30PM Aqua Dynamics With Nikki	5:00PM Deep Circuit With Betty	5:30PM Water Sculpt With Nikki

****CLASS DESCRIPTIONS ON FLIP SIDE****



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WATER FITNESS

WATER POWER: Enjoy benefits of a total body sculpting class incorporating strength training and cardiovascular segments designed for all fitness levels. Come and give it a try, you will be glad you did.

AQUA FIT: This class is wonderful for those of you needing a little tender loving care. This class will focus on using the natural support and resistance of the water to relieve stiffness and stress associated with arthritis, chronic fatigue or musculoskeletal conditions.

SPLASH & TONE: A great variety of strengthening, cardio and toning exercises utilizing various aquatic equipment to give you a full and complete workout that will keep you coming back again and again.

DEEP CIRCUIT: This challenging self paced class is held in our deep water pool. Using floatation belts and other aquatic equipment, enjoy a great workout without the impact on your joints. This is a unique and great cross training class.

AQUA DYNAMICS: Energize your evening with a total body workout including a variety of combinations to work all muscles groups. Strength training and cardiovascular segments along with resistive equipment that makes this class a great way to obtain health and fitness goals.

AQUA ZUMBA : Combine the water with Zumba and you will get an explosion! Water Aerobic moves based on Zumba dance steps.