

WATER EXERCISE™

We build strong kids, strong families, strong communities.

Dunigan Family YMCA

Fall 2008

WATER EXERCISE SCHEDULE

Water Exercise classes are free for YMCA of Southwestern Indiana Facility Members. See the description for Program Member fees.

AM Aquacise is a class designed to get your metabolism jump started for the day by participating in intense early morning shallow water aqua aerobics.

Fee: fm - free pm - \$35

Tuesday & Thursday 6:00-6:45 am

Aquajoints is low impact water exercise program for those with arthritis or other physical impairments. Water buoyancy and resistance exercises are designed to help increase joint mobility and muscle strength as well as provide exercise and relieve discomfort.

Fee: fm - free pm - \$52

Monday, Wednesday, & Friday

9:45-10:30 am, 10:30-11:15 am, 11:15 am-12:00 pm

AquaNatal is a water exercise class designed to help pre and post natal women maintain their strength, flexibility, and conditioning levels in a safe, fun, and informative environment. Physician's written approval is required.

Fee: fm - free pm - \$35

Monday & Wednesday 6:15-7:00 pm

Aqua Bliss-a low impact low intensity class using soothing relaxing moves designed to improve flexibility and agility.

Fee: fm - free pm - \$21

Monday 6:15-7:00 pm

Aqua Challenge is a class that will enhance your cardiovascular and muscular capabilities while having fun using aqua dumbbells, noodles, and water webs.

Fee: fm - free pm - \$35

Tuesday & Thursday

9:00-9:45 am, 9:45-10:30 am

Hydrobics is an aquatic workout that will enhance your cardiovascular and muscular endurance as well as flexibility in a friendly and social setting.

Fee: fm - free pm - \$35

Monday & Wednesday 7:00-7:45 pm

HydroFit is a shallow water aerobics class which is gentle on your joints, but designed to promote fitness levels through cardiovascular and muscle toning exercises.

Fee: fm - free pm - \$35

Tuesday & Thursday 5:00-5:45 pm

Silver Splash- is a fun course that improves your agility, flexibility, and cardiovascular endurance. Specialized equipment will also help with strength, balance, and coordination.

Fee: fm - free pm - \$52

Tuesday & Thursday 11:00 am-12:00pm

Sports Conditioning-this class offers levels of sports conditioning and performance training as well as specific drills designed to increase your strength and mobility.

Fee: fm - free pm - \$35

Saturday 8:30-9:15 am

Ultimate Aquacise - An intense cardio class. You must be comfortable treading water and be able to keep your feet off the floor without float supports.

Fee: fm - free pm - \$35

Friday 6:00-6:45 am

Water Kickboxing - This water kickboxing class combines traditional aquatic moves with kicks, jabs, and punches. It's energizing, uplifting, and a fun workout that offers both resistance and intensity.

Fee: fm - free pm - \$35

The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through programs that promote healthy spirit, mind, and body.