



# WATER FITNESS CLASSES

**NUBER YMCA**

## WATER FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00am</b>	Early Bird Water Fit Mattie 6-7am	Early Bird Water Fit Mattie 6-7am	Early Bird Water Fit Mattie 6-7am	Early Bird Water Fit Mattie 6-7am	Early Bird Water Fit Mattie 6-7am	
<b>8:30am</b>						Aqua Zumba® Monica 8:30-9:30am
<b>9:30am</b>	Aqua Blast Mattie 9:30-10:30am	Shallow Water Fit Mattie 9:30-10:30am	Aqua Blast Lisa 9:30-10:30am	Shallow Water Fit Mattie 9:30-10:30am	Shallow Water Fit Mattie 9:30-10:30am	
<b>10:30am</b>	Deep Water Fit Mattie 10:30-11:30am		Deep Water Workout Lisa 10:30-11:30am		Deep Water Fit Mattie 10:30-11:30am	
<b>5:30pm</b>	Shallow Water Fit Mattie 5:30-6:30pm	Water Walking Ronda 5:30-6pm	Aqua Zumba® Jessica 5:30-6:30pm	Aqua Blast Melissa 5:30-6:30pm		

## CLASS DESCRIPTIONS

**AQUA BLAST** - Aqua Blast provides a low impact, high energy, interval based work out for all ages, skill and fitness levels. The Intervals increase in frequency as the workout goes and it is designed for shallow water where more resistance occurs. Although it's a cardio workout it includes toning and core work for a well rounded hour class. Aqua skeptics will become Aqua Fans!!

**AQUA ZUMBA®** - Blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**DEEP WATER FIT** -This class provides a great balance of cardio, core and strength training. It gives you a robust workout using the water as resistance. Use of hand buoys adds more water resistance to help tone your arms and legs. This class is taught in deep water and participants wear flotation belts that assist them in staying above the water.

**DEEP WATER WORKOUT** -This class takes all the pressure off your joints. Participations may choose to wear a floatation belt. This will allow us to focus on joints mobility and strengthen legs, arms, and abs.

**EARLY BIRD WATER FIT** - Water aerobics are a low-impact exercise. The natural resistance of the water against your body helps tone your muscles and increase your strength. Water aerobics are gentler on your bones and joints than running, but still provide the benefits of an aerobic workout.

**SHALLOW WATER FIT** - High intensity workout that burns calories and tones your body. There is little or no impact on your knees or joints. This class focuses on cardio, core strengthen, and endurance using the water as resistance and is designed for all levels taught in shallow water.

**WATER WALKING** - Water walking is an easy, effective, low-impact exercise. Brisk water walking can provide an excellent aerobic workout, and strengthening and building muscle as you water walk.

### RIC NUBER YMCA

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