



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY 2021 | WATER AEROBICS SCHEDULE

Monday	8:05-8:50am	Aqua Conditioning	Lindsay S.
	9:15-10:15am	Aqua Board Yoga*	Lindsay S.
	11:00-11:45am	Aqua Aerobics—Deep	Lisa D.
	6:45-7:30pm	Aqua Dance	Sarah G.
Tuesday	8:05-8:50am	Aqua Conditioning	Lindsay S.
	11:00-11:55am	Aqua Aerobics-Shallow	Jen F.
	7:15-8:15pm	Aqua Jogging/Walking	Lisa D.
Wednesday	8:05-8:50am	Water Wellness	Pat C.
	9:15-10:15am	Aqua Board Yoga*	Sandra M.
	11:00-11:45am	Aqua Jogging/Walking	Lisa D.
	6:45-7:30pm	Aqua Dance	Sarah G.
	7:35-8:15pm	Aqua Conditioning	Sarah G.
Thursday	8:05-8:50am	Aqua Conditioning	Lindsay S.
	11:00-11:55am	Aqua Aerobics-Shallow	Jen F.
	7:15-8:15pm	Aqua Aerobics—Deep	Lisa D.
Friday	8:15-9:15am	Aqua Board Yoga*	Sandra M.
	11:00-11:45am	Water Wellness	Niki B.
	9:15-10:15am	Aqua Conditioning	Lindsay S.
Saturday	8:05-8:50am	Aqua Conditioning	Sarah G.
	9:00-9:45am	Aqua Dance	Sarah G.

BRANCH NEWS

All classes are first come, first serve. No water aerobics equipment (water weights, noodles, swim belts, etc.) will be provided by the YMCA at this time. Class schedule is subject to change. Please practice social distancing (6 feet apart) in order to keep yourself and others safe as possible. We look forward to seeing you at the Y!

*Aqua Board Classes have a maximum capacity of 10 participants. Please stop by the front desk to get a ticket for class up to 30 minutes prior to start time.



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WATER AEROBICS GROUP DESCRIPTIONS

Aqua Aerobics—Shallow this water aerobics class is a compilation of warm-up, cardio, muscular strengthening with bells, balancing, and stretching. This class will help to increase stamina and strength. It is a mild to high impact class, but is designed for all levels of participation. Participants can work at their own level with ease. This is a good class for all ages. **Levels 1-3**

Water Aerobics – Deep This class is designed to increase the heart rate and condition the whole body. It combines cardiovascular and muscular endurance, strength and core abdominal work utilizing the deep end of the pool. **Levels 1-3**

Aqua Board Functional Fitness: Put your fitness to the test by combining balance and strength based exercises on the aqua board. Work on postural control and alignment while performing common movements that you might do at home, work or in sports. Perfect balance, strength and overall mobility. **Level 1-3**

Aqua Board Yoga: A fun workout that combines the elements of yoga and aqua board together. During this class you will execute your favorite yoga poses on the aqua board, approaching the practice with beginner's mindset as you introduce new challenges to your yoga routine. You will engage muscles through focused movement that you may neglect during your yoga practice on the mat. This class is the perfect way to build core strength, coordination, endurance and balance. **Level 1-3**

Aqua Conditioning: This aqua class will incorporate high level cardio with strength training. Constant movement in the water burn calories and shape the body. Working against the drag of the water and using various aquatic equipment will help improve strength, definition and endurance. **Levels 1-3**

Aqua Dance: This water class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is minimal impact on your joints so you can really let loose. This pool party you don't want to miss! **Levels 1-3**

Water Wellness: Become acquainted with water walking and exercising in the pool. Reduced stress on joints will allow you to tone and strengthen while increasing your range of motion. We will focus on movements to improve coordination and balance. **Levels 1-3**

Aqua Jogging/Walking: Instructor leads the class through a light-intensity cardio workout that consists of walking around in the water. Movements include forward, backward, and side to side walking while including arm and abdominal exercises. This is a high energy, calorie burning, muscle building cardio fit class but instructor will give plenty of modifications to be protective of joint issues. **Levels 1-3**

Level 1 Beginner, Level 2 Intermediate, Level 3 Advanced

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