FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE SCHEDULE

Updated 12/26/16 **Both Branches**
Winter 2017

MONDAY

TIME	CLASS	BRANCH	INSTR.
6:15-7:00	Water Fitness	Kerasotes	Elaine
8:30-9:00am	Arthritis	Downtown	Jessica
9:00-9:45am	Water Fitness	Downtown	Jessica
9:45-10:30am	Aqua Dance	Downtown	Jessica
10:30-11:00am	Aqua Chi	Downtown	Jessica
12:15-1:00pm	Water Fitness	Kerasotes	Jessica
5:25-6:10pm	Water Fitness	Downtown	Stephanie
7:30-8:15pm	Water Fitness	Kerasotes	Annettee

TUESDAY

TIME	CLASS	BRANCH	INSTR.
8:00-8:45am	Water Fitness	Downtown	Judy
8:30-9:15am	Arthritis	Kerasotes	Elaine
8:45-9:15am	Aqua Chi	Downtown	Judy
9:15-10:00am	Arthritis	Downtown	Mary
9:15-10:00am	Water Fitness	Kerasotes	Elaine
10-10:30am	Deep Water Fitness	Downtown	Cheryl
10-10:45am	Aqua Dance	Kerasotes	Jessica
10:45-11:05am	Aqua Chi	Kerasotes	Jessica
11:05-11:30a	Balance/stretching	Kerasotes	Jessica
7:30-8:15pm	Water Fitness	Kerasotes	Carey

WEDNESDAY

TIME	CLASS	BRANCH	INSTR.
6:15-7:00am	Water fitness	Kerasotes	Elaine
8:30-9:00am	Arthritis	Downtown	Tonya
9:00-9:45am	Water Fitness	Downtown	Tonya
9:45-10:30am	Aqua Dance	Downtown	Jessica
10:30-11:00am	Aqua Chi	Downtown	Jessica
12:15-1:00pm	Water fitness	Kerasotes	Aarika
5:25-6:10pm	Water fitness	Downtown	Stephanie
7:30pm-8:15pm	Water Fitness	Kerasotes	Kandice

THURSDAY

TIME	CLASS	BRANCH	INSTR.
8:00-8:45am	Water Fitness	Downtown	Judy
8:30-9:15am	Arthritis	Kerasotes	Elaine
8:45-9:15am	Aqua Chi	Downtown	Judy
9:15-10:00a	Arthritis	Downtown	Mary
9:15-10:00am	Water Fitness	Kerasotes	Elaine
10:00-10:30am	Deep Water Fitness	Downtown	Cheryl
10:00-10:45am	Aqua Dance	Kerasotes	Aarika
10:45-11:05am	Aqua Chi	Kerasotes	Aarika
11:05-11:30a	Balance/stretching	Kerasotes	Aarika

FRIDAY

TIME	CLASS	BRANCH	INSTR.
6:15-7:00am	Water fitness	Kerasotes	Elaine
8:30-9:00am	Arthritis	Downtown	Jessica
9:00-9:45am	Water Fitness	Downtown	Jessica
9:45-10:30am	Aqua Dance	Downtown	Iryna
10:30-11:00am	Aqua Chi	Downtown	Iryna
12:15-1:00pm	Water fitness	Kerasotes	Aarika
5:45-6:30pm	Water Fitness	Downtown	Stephanie

SATURDAY

TIME	CLASS	BRANCH	INSTR.
8:10-8:55am	Water Fitness	Kerasotes	Stephanie

SUNDAY

TIME	CLASS	BRANCH	INSTR.
11:00-11:45am	Deep Water Fitness	Kerasotes	Carey

CLASS DESCRIPTIONS

Water Fitness: Water exercise is a great way to burn calories without putting extra stress on your joints. The ability to swim is not necessary for participation and classes are offered at varying levels of intensity. Modifications can be made in any class.

Arthritis: The Arthritis Class is designed to provide the opportunity for people with arthritis to participate in a recreational group activity. The water provides added buoyancy to help support joints, decrease pain and/or stiffness and help improve/maintain joint flexibility. All joints are focused on in these classes.

Deep Water Exercise: This class offers exercises in deep water, participants will not be able to touch and flotation belts are used. Exercises are of moderate to high intensity.

Aqua Chi: This class will leave you feeling relaxed! Stretching, Breathing, relaxation, and balancing skills are practiced.

Aqua Dance: Aqua Dance is a water aerobics class with all the fun of dancing! Participants enjoy Latin dance moves with the added resistance of water for low impact on joints.

For more info, contact AJ Akers Group Fitness Director at aakers@springfieldymca.org, 679-1625, ext. 137

Adult aquatic exercise classes (does not include swim lessons) are included in Y membership. Ability to swim not necessary. Pool schedules are available online at www.springfieldymca.org, on our smartphone mobile app or at the branch front desks.