



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE SCHEDULE (Both Branches) (Oct.30-Dec.31)

TIME	CLASS	BRANCH	INSTR	TIME	CLASS	BRANCH	INSTR
MONDAY				TUESDAY			
6:15-7:00	Water Fitness	Kerasotes	Elaine	8:00-8:45	Water Fitness	Downtown	Judy
9:00-9:45	Water Fitness	Downtown	Jessica	8:30-9:15	Arthritis	Kerasotes	Elaine
9:45-10:10	Aqua Chi	Downtown	Jessica	8:45-9:15	Aqua Chi	Downtown	Judy
10:15-11:05	Aqua Zumba	Downtown	Bieesha	9:20-10:05	Arthritis	Downtown	Mary
12:15-1:00	Water Fitness	Kerasotes	Michelle	9:15-10:00	Water Fitness	Kerasotes	Elaine
5:25-6:10	Aqua Zumba	Downtown	Bieesha	10:10-10:40	Deep Water Fitness	Downtown	Cheryl
7:30-8:15	Water Fitness	Kerasotes	Annette	10:05-10:50	Aqua Zumba	Kerasotes	Jessica
WEDNESDAY				10:50-11:10	Aqua Chi	Kerasotes	Jessica
6:15-7:00	Water Fitness	Kerasotes	Elaine	11:10-11:30	Balance/Stretching	Kerasotes	Jessica
9:00-9:45	Water Fitness	Downtown	Tonya	7:30-8:15	Water Fitness	Kerasotes	Kileen
9:50-10:35	Aqua Zumba	Downtown	Jessica	THURSDAY			
10:35-11:05	Aqua Chi	Downtown	Jessica	8:00-8:45	Water Fitness	Downtown	Judy
12:15-1:00	Water Fitness	Kerasotes	Michelle	8:30-9:15	Arthritis	Kerasotes	Elaine
5:25-6:10	Water Fitness	Downtown	Stephanie	8:45-9:15	Aqua Chi	Downtown	Judy
7:30-8:15	Water Fitness	Kerasotes	Kandice	9:20-9:55	Arthritis	Downtown	Mary
FRIDAY				9:15-10:00	Water Fitness	Kerasotes	Elaine
6:15-7:00	Water Fitness	Kerasotes	Elaine	10:00-10:30	Deep Water Fitness	Downtown	Cheryl
9:00-9:45	Water Fitness	Downtown	Jessica	10:05-10:50	Aqua Zumba	Kerasotes	Jessica
9:50-10:35	Aqua Zumba	Downtown	Iryna	10:50-11:10	Aqua Chi	Kerasotes	Jessica
10:35-11:05	Aqua Chi	Downtown	Iryna	11:10-11:30	Balance/Stretching	Kerasotes	Jessica
12:15-1:00	Water Fitness	Kerasotes	Michelle	SATURDAY			
5:45-6:30	Water Fitness	Downtown	Stephanie	8:10-8:55	Water Fitness	Kerasotes	Stephanie

CLASS DESCRIPTIONS

Water Fitness: Water exercise is a great way to burn calories without putting extra stress on 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. Exercise are of moderate to high intensity.

Aqua Chi: 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.

Classes will be cancelled due to inclement weather.

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

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.

Adult aquatic exercise classes (does not include swim lessons) are included in Y membership. Ability to swim not necessary.

For more information contact:

Adrian Akers at aakers@springfieldymca.org
or 217-544-9846 x137

Check out our app for more detailed information about instructors.

www.springfieldymca.org