FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE SCHEDULE (Both Branches) 3/5-4/15 (Revised 3/19)

MONDAY

TIME	CLASS	BRANCH	INSTR
6:15-7:00	Water Fitness	Kerasotes	Elaine
9:15-10:00	Water Fitness	Downtown	Jessica
10:05-10:55	Aqua Zumba	Downtown	Bieesha
12:15-1:00	Water Fitness	Kerasotes	Cara
5:25-6:10	Water Fitness	Downtown	Stephanie
7:30-8:15	Water Fitness	Kerasotes	Annette

WEDNESDAY

TIME	CLASS	BRANCH	INSTR
6:15-7:00	Water Fitness	Kerasotes	Elaine
9:10-9:55	Water Fitness	Downtown	Kileen
10:00-10:45	Aqua Zumba	Downtown	Jessica
12:15-1:00	Water Fitness	Kerasotes	Michelle
5:25-6:10	Water Fitness	Downtown	Stephanie
7:30-8:15	Water Fitness	Kerasotes	Kandice

FRIDAY

TIME	CLASS	BRANCH	INSTR
6:15-7:00	Water Fitness	Kerasotes	Elaine
9:00-9:45	Water Fitness	Downtown	Jessica
9:50-10:35	Aqua Zumba	Downtown	Iryna
10:40-11:10	Aqua Chi	Downtown	Iryna
12:15-1:00	Water Fitness	Kerasotes	Rex
5:45-6:30	Water Fitness	Downtown	Stephanie

TUESDAY

TIME	CLASS	BRANCH	INSTR
8:00-8:45	Water Fitness	Downtown	Judy
8:30-9:15	Arthritis	Kerasotes	Elaine
8:45-9:15	Aqua Chi	Downtown	Judy
9:20-9:55	Arthritis	Downtown	Mary
9:15-10:00	Water Fitness	Kerasotes	Kileen
10:00-10:40	Deep Water Fitness	Downtown	Cheryl
10:05-10:50	Aqua Zumba	Kerasotes	Jessica
10:50-11:10	Aqua Chi	Kerasotes	Jessica
11:10-11:30	Balance/Stretching	Kerasotes	Jessica
7:30-8:15	Water Fitness	Kerasotes	Kileen

THURSDAY

TIME	CLASS	BRANCH	INSTR
8:00-8:45	Water Fitness	Downtown	Judy
8:30-9:15	Arthritis	Kerasotes	Elaine
8:45-9:15	Aqua Chi	Downtown	Judy
9:20-9:55	Arthritis	Downtown	Mary
9:15-10:00	Water Fitness	Kerasotes	Cara
10:00-10:40	Deep Water Fitness	Downtown	Cheryl
10:05-10:50	Aqua Zumba	Kerasotes	Jessica
10:50-11:10	Aqua Chi	Kerasotes	Jessica
11:10-11:30	Balance/Stretching	Kerasotes	Jessica

SATURDAY

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

SUNDAY

TIME	CLASS	BRANCH	INSTR
11:00-11:40	Deep Water Fitness	Kerasotes	Carey

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 partipation 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 may be cancelled due to inclement weather. Contact the YMCA before arriving when storms are in the area.

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:

Cindy Jordan at 217-679-1625 ext. 183

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Check out our app for more detailed

Join our Facebook group at

Group Exercise Springfield YMCA

***Classes with particpants lower than 6 may be cancelled without notification.