



WATER EXERCISE

ANDOVER YMCA

Group Exercise—Water Schedule

January 2 through May 31

Time	Class	Instructor	Location
SUNDAY (no classes)			
MONDAY			
8:45-9:30A	Water Works	Amy G.	Lap
11:30-12:30P	Water Works	Amy R.	Family
TUESDAY			
8:30-9:30A	Aqua Zumba	Jackie	Lap
11:30A-12:30P	SilverSneakers®/SilverSplash	Susan	Family
WEDNESDAY			
8:30-9:30A	Working Down Under	Jackie	Lap
11:30-12:30P	Arthritis Water Exercise	Susan	Family
THURSDAY			
8:30-9:00A	Hydrobox	Jackie	Lap
9:00-9:30A	Liquid Flex & Flow	Jackie	Lap
11:30A-12:30P	SilverSneakers®/SilverSplash	Susan	Family
FRIDAY			
8:45-9:30A	WET	Amy G.	Lap
11:30A-12:30P	Arthritis Water Exercise	Susan	Family
SATURDAY (no classes)			

Join anytime! All classes on this schedule are ongoing, for ages 13 and up, and are included in YMCA membership. In case of inclement weather, please visit www.ymcawichita.org to find out about class cancellations or call 316.838.9622. Please refer to schedules regularly or check online information at www.ymcawichita.org for up-to-date information.

CLASS DESCRIPTIONS

AQUA ZUMBA® Known as the Zumba pool party, this class blends hypnotic Latin rhythms and easy-to-follow moves with traditional water fitness disciplines into a safe, challenging workout. Suitable for all fitness levels.

Arthritis Water Exercise

This class is a moderate exercise program for ambulatory people with arthritis which may sustain or improve muscular and joint mobility. Free for YMCA Members; community participants may purchase a punch card \$35/10 visits.

HydroBox

Experience the BEST of cardio and strength! Hydrobox reaches across the generations with choreography that features an edgy kickboxing flavor. Enjoy this high energy water class suited for all fitness levels.

Liquid Flex & Flow

Experience the ultimate 30 minute package of strength and mind/body in this shallow water workout that is a creative fusion of explosive strength movements, static yoga poses and some cardio.

SilverSneakers®/SilverSplash

SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Water Works

A shallow water workout for every part of your body. Cardiovascular work, sculpting and stretching make this a terrific workout without stress to the joints!

WET (Water Exercise Training)

Moderate to intense level aquatic class that moves from deep to shallow. Float belts used; no swim knowledge needed.

Working Down Under

A deep water workout using float belts. Exercises for every body part will be included!



Group Exercise—Land Classes

Try one of the many land-based group exercise classes. There's something for all fitness levels including:

- Tai Chi for Health
- SilverSneakers® Classes
- Yoga (including Adaptive Yoga)
- Pilates
- ZUMBA®



Bolded classes are Express Series classes designed to give you a great workout in just 30 minutes.

Shaded classes are for those new or returning to fitness.

KID ZONE HOURS

Drop in nursery available for members' children ages 6 wks to 7 yrs
 Monday-Friday 8:00A-8:30P
 Saturday 8:30A-3:00P
 Sunday 11:00A-3:00P