

# Y WATER EXERCISE

Greater Wichita YMCA | We build strong kids, strong families, strong communities. | [www.ymcawichita.org](http://www.ymcawichita.org)

Andover Branch YMCA  
Water Exercise Class Schedule  
January 2 through April 30

*All Classes on this schedule are included in YMCA membership!*

Time	Class	Instructor	Pool
<b>MONDAY</b>			
8:30-9:30am	Water Works	Valerie	Family
11:30-12:30pm	My Generation H2O	Amy	Family
7:00-8:00pm	Water Works	Kaileen	Lap
<b>TUESDAY</b>			
8:30-9:30am	Water Works	Jackie	Lap
11:30-12:15pm	My Generation H2O	Valerie	Family
7:00-8:00pm	Hydrobox	Kiela	Family
<b>WEDNESDAY</b>			
8:30-9:30am	Working Down Under	Jackie	Lap
11:30-12:30pm	Arthritis Water Exercise	Susan	Family
7:00-8:00pm	Working Down Under	Valerie	Lap
<b>THURSDAY</b>			
8:30-9:00am	Hydrobox Express	Jackie	Family
9:00-9:30am	CORE Express	Jackie	Family
11:30-12:15pm	My Generation H2O	Amy	Family
7:00-7:30pm	Hydrobox Express	Jackie	Family
7:30-8:00pm	CORE Express	Jackie	Family
<b>FRIDAY</b>			
8:30-9:30am	Water Works	Erica	Family
11:30-12:30pm	Arthritis Water Exercise	Susan	Family
<b>SATURDAY</b>			
8:00-9:00am	Water Works	Erica	Lap

EXPRESS SERIES CLASSES! Designed to give you a great workout in just thirty minutes! Look for these classes in **BOLD!**

NEW OR JUST RETURNING TO A FITNESS ROUTINE? Try one of the SHADED Healthseeker Classes! "Basics To" classes require pre-registration at Member Service Desk.

**CLASS DESCRIPTIONS:**

**Arthritis Water Exercise** - Arthritis Foundation YMCA Aquatic Program (AFYAP) is a moderate exercise program for ambulatory people with arthritis which may sustain or improve muscular and joint mobility. Instructors are certified through the Arthritis Foundation & YMCA. Free for YMCA Members; community participants may purchase a punch card \$35/10 visits.

**CORE Express** - A 30 minute class that focuses on total abdominal work with little or no stress to the body.

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

**My Generation H2O** - Water works at a starter level! Great for cardiovascular training as well as muscle toning and flexibility.

**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!

**Working Down Under** - A deep water workout using float belts. Exercises for every body part will be included!

All classes are ongoing, and are open to members ages 13 and up... join in at any time! Classes are canceled when district cancels school due to inclement weather. Call first to ensure class will be held (838-9622). Classes may be canceled or times may change due to low attendance. Please refer to schedules regularly or check online at [www.ymcawichita.org](http://www.ymcawichita.org) for up-to-date information.