

# 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  
Revised June 1 to August 31

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

Time	Class	Instructor	Pool
<b>MONDAY</b>			
8:30-9:30am	Water Works	Joy	Family
11:30-12:30pm	Water Works	Amy	Family
7:00-8:00pm	Water Works	Kaileen	Outdoor
<b>TUESDAY</b>			
8:30-9:30am	Water Works	Jackie	Lap
11:30-12:15pm	Silver Spalsh	Susan	Family
7:00-7:30pm	<b>Hydrobox Express</b>	<b>Jackie</b>	<b>Outdoor</b>
7:30-8:00pm	<b>Liquid Flex &amp; Flow</b>	<b>Jackie</b>	<b>Outdoor</b>
<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	Hydrobox	Jackie	Outdoor
<b>THURSDAY</b>			
8:30-9:00am	<b>Hydrobox Express</b>	<b>Jackie</b>	<b>Lap</b>
9:00-9:30am	<b>Liquid Flex &amp; Flow</b>	<b>Jackie</b>	<b>Lap</b>
11:30-12:15pm	Silver Splash	Susan	Family
7:00-8:00pm	Water Works	Amy G.	Outdoor
<b>FRIDAY</b>			
8:30-9:30am	Water Works	Erica	Family
11:30-12:30pm	Arthritis Water Exercise	Susan	Family

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.

**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.



**SilverSneakers@SilverSplash** – Activate your aqua exercise urge for variety! 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!

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

**New Class: 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.

**Outdoor Pool Hotline 838-9622** Waterpark schedules and hours may change due to temperature and inclement weather. Please call the hotline for up-to-date information on your YMCA's branch's activities.

All classes are ongoing, and are open to members 13 and up...join any time! Classes may be cancelled 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.