



# WATER EXERCISE

## CENTRAL YMCA

### Group Exercise—Water Schedule Effective 01-01-12 to 06-02-12

Time	Class	Instructor
<b>SUNDAY</b> (no classes)		
<b>MONDAY</b>		
2:00-3:00P	<b>Water Works</b>	Brittani
<b>TUESDAY</b>		
6:15-7:00A	Shallow Water Circuit	Virginia
5:30-6:15P	<b>Working Down Under</b>	Jackie
<b>WEDNESDAY</b>		
5:30-6:30P	<b>Aqua Zumba</b>	Melissa
2:00-3:00P	Water Works	Brittani
<b>THURSDAY</b>		
6:15-7:00A	Shallow Water Circuit	Virginia
<b>FRIDAY</b> (no classes)		
<b>SATURDAY</b> (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](http://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](http://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.

##### **Shallow Water Circuit**

A class that focuses on a 5 to 5 minute ratio of working cardio endurance alternated with strength and endurance moves using water related equipment. A total body workout in the water!

##### **Water Works**

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



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.

#### 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 Arthritis
- SilverSneakers® MSROM
- Yoga
- Pilates
- Cycle
- ZUMBA®

