



WATER EXERCISE

EL DORADO YMCA

Group Exercise—Water Schedule

NEW Effective 01/16/12 - 06/03/12 ***NEW***

Time	Class	Instructor
SUNDAY (no classes)		
MONDAY		
10:15-11:15am	Arthritis Water Exercise	Linda
5:30-6:15 pm	Aqua Zumba®	Allie
TUESDAY		
8:00-9:00 am	Water Works	Diana
10:15-11:15am	SilverSneakers®/SilverSplash	Julie
1:30-2:00 pm	Water Works	Linda
2:00-2:30 pm	Liquid Flex and Flow	Linda
WEDNESDAY		
8:00-9:00 am	Water Works	Laura
10:15-11:15am	Arthritis Water Exercise	Linda
5:30-6:15 pm	Aqua Zumba®	Allie
THURSDAY		
8:00-9:00 am	Water Works	Diana
10:15-11:15am	SilverSneakers®/SilverSplash	Julie
2:00-3:00 pm	Arthritis Water Exercise	Linda
FRIDAY (no classes scheduled currently)		
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.

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!



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

Mon. - Thurs.	8:00am-12:00pm & 4:00 - 8:00pm
Friday	8:00am-12:00pm & 4:00 - 6:30pm
Saturday	8:00am-12:00pm
Sunday	1:00 - 4:00pm

Group Exercise—Land Classes

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

- SilverSneakers® Classes
- Yoga (including Adaptive Yoga)
- Pilates
- ZUMBA®

