

Y WATER EXERCISE

Greater Wichita YMCA | We build strong kids, strong families, strong communities. | www.ymcawichita.org

El Dorado Branch YMCA
Water Exercise Class Schedule
6/1/10-8/31/10

All Classes on this schedule are included in YMCA membership!

Time	Class	Instructor
MONDAY		
8:00-8:50am	Water Works	Laura
9:00-9:50am	Hydrobox	Toni
10:15-10:45am	Arthritis Water Exercise	Linda
10:45-11:15am	Liquid Flex and Flow	Linda
6:00-6:30pm	Water Works Express	Toni
6:30-7:00pm	Water P.H.A.T. Express	Toni
TUESDAY		
8:00-8:50am	Water Works	Diana
1:30-2:00pm	Water Works Express	Linda
2:00-2:30pm	Liquid Flex and Flow	Linda
WEDNESDAY		
8:00-8:50am	Water Works	Laura
9:00-9:50am	Hydrobox	April
10:15-10:45am	Arthritis Water Exercise	Linda
10:45-11:15am	Liquid Flex and Flow	Linda
6:00-6:50pm	Hydrobox	Toni
THURSDAY		
8:00-8:50am	Water Works	Diana
1:30-2:00pm	Water Works Express	Linda
2:00-2:30pm	Liquid Flex and Flow	Linda
FRIDAY		
9:00-9:50am	Silver Splash®	Julie

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.

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

Liquid Flex and 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 - Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun & shallow water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability is required, & a special SilverSneakers® kick-board is used to develop strength, balance and coordination.

Water P.H.A.T. - Pretty Hips, Abs and Thighs- that's all we work in this class, so be prepared to work hard!

Water Works - A shallow water workout for every part of your body. Cardiovascular work, aqua sculpting and stretching make this a terrific

Kid Zone Hours

Mon. - Thurs.	8:00am-12:00pm & 4:00-8:30pm
Friday	8:00am-12:00pm & 5:00-7:30pm
Saturday	9:00am-1:00pm
Sunday	1:00-3:00pm



All classes are ongoing and are open to members ages 13 and up... join in at any time! Classes are canceled when USD 490 cancels school due to inclement weather. Call first to ensure class will be held (320-9622). Classes may be canceled or times may change due to low attendance. Please refer to schedules regularly or check online information at www.ymcawichita.org for up-to-date information.