

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
Revised 3/5/10--4/30/10

All Classes on this schedule are included in YMCA membership!

Time	Class	Instructor
MONDAY		
8:00 - 8:50am	My Generation H2O	Laura
9:00-9:50am	Hydrobox	Julie
10:15-10:45am	Arthritis Water Exercise	Linda
10:45-11:15am	Water Pump Express	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
1:30-2:30pm	Water Pump	Linda
WEDNESDAY		
8:00 - 8:50am	My Generation H2O	Laura
9:00-9:50am	Hydrobox	April
10:15-10:45am	Arthritis Water Exercise	Linda
10:45-11:15am	Water Pump Express	Linda
6:00-6:50pm	Hydrobox	Toni
THURSDAY		
8:00-8:50am	Water Works	Diana
1:30-2:30pm	Water Pump	Linda
FRIDAY		
9:00-9:50am	Water Works	April
10:15- 11:15am	My Generation H2O	April

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.

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

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 Pump - A shallow water toning class that focuses on strength/endurance for the upper/lower body and core, using a variety of water specific equipment. Balance and stretching will be incorporated at the end as well. This is a great workout for all levels.

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

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.