

Water Fitness

Class Description

Exercising in the water has several advantages for all fitness levels. Water buoyancy lessens the stress on weight-bearing joints, making movement more comfortable and is a great cross-training activity. The water also provides mild resistance to all movements. The warmer water aids in relaxing the muscles and in stretching.

SHALLOW WATER AEROBICS Large Pool

The water fitness/aerobics program was developed for the YMCA by Mary E. Sanders PhD. The exercises are performed primarily in a vertical position in shallow water. Water resistance creates an environment that improves cardiovascular conditioning; strength and endurance; and flexibility and balance. Classes will be in one of three formats: *Regular Aerobics* will work through all of the shallow water moves; *Dance & Fun* will incorporate elements of different dance forms and games designed to challenge dynamic balance; *Cardio Intervals* will challenge members' strength and endurance.

DEEP WATER AEROBICS Large Pool

(See explanation under Water Fitness/ Aerobics above) This class is held at the deep end of the large pool (7ft) . Members wear flotation belts to maintain buoyancy, a vertical position in the water and to aid recovery from cardio sets. You must be comfortable in deep water.

FUNCTIONAL FITNESS Large Pool and /or Small Pool

Class is designed to teach fitness, improving participants' efficiency of movement and ability to perform day-to-day activities more easily. Keeps participants' mind and bodies healthy through a series of exercises and games mimicking daily activities. All exercises have modifications to accommodate varying degrees of fitness, complications from illness or chronic conditions and to ensure participants' success.

SPLASH CIRCUIT Large Pool

This class is a shallow water class that blends cardio and muscular strength exercises into a series of progressions designed to challenge participants. Classes begin with a warm-up then proceed into the circuit which is a series of alternating cardio and strength exercises. A cool down and stretching complete the class. This format brings freshness and fun to participants' aqua-training.

POWER-UP Large Pool

This class is a shallow water class designed for participants looking for more of a challenge in their aqua class. Using equipment such as steps, paddles and tether-belts participants will challenge their muscles in new and fun ways and burn calories faster. Classes begin with a warm-up followed by a series of cardio and strength exercises designed to safely overload the muscles. A cool down and stretching complete the class.

HEALTHY BACK Small Pool

The Healthy Back Class was developed by the YMCA of USA's Medical/Physical Advisory Staff. This 45-minute class in the water is held in the four foot section of the pool. Pool temperature is approximately 88 degrees. Class begins with warm-up walking and moves on to stretching at or near the wall. Mostly consists of walking forward, backward and sidestepping to strengthen lower back and pelvic area. Also, includes stretching, work on noodle and some shoulder exercises.

ARTHRITIS Small Pool

The Arthritis Foundation / YMCA Aquatic Program was developed by the Arthritis Foundation and YMCA of USA's Medical/Physical Advisory Staff. This 45-minute water class is held in the four foot section of the small pool. Pool temperature is approximately 88 degrees. The program consists of warm up, joint range of motion for flexibility and strength and cool down. It includes exercises that improve the members' overall function and performance of daily tasks, mobility, gait, independence, flexibility, balance and coordination.

HEALTHY BALANCE Small Pool

Water resistance is greater than air providing a great opportunity to challenge muscle strength in a unique and safe environment. Class exercises will provide the opportunity for members to improve their daily living skills such as speed of walking, chair sit-to-stand, agility and stair climbing. Exercise challenges will target the body's primary sensory systems for maintaining balance and improving posture: these include changes in the base of support, visual changes (eyes open or shut), head tilts and dealing with slight turbulence in the water, to name a few.