

# Y WATER FITNESS™

We build strong kids, strong families, strong communities.

February 22—April 2, 2010 [www.sheridanymca.org](http://www.sheridanymca.org)

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday
<b>5:45-6:45 AM</b>	Water X Training		Water X Training		Water X Training
<b>7:00-8:00 AM</b>	Boots, Belts n' Fins		Boots, Belts n' Fins		Boots, Belts n' Fins
<b>8:00-9:00 AM</b>	Water X Training	Shallow Water Combo	Water X Training	Shallow Water Combo	Water X Training
<b>9:00-10:00 AM</b>	Water Wave	Water Pilates Deep Water Combo	Water Wave	Water Pilates Deep Water Combo	Water Wave
<b>11:00AM-noon</b>	Arthrocize		Arthrocize		Arthrocize
<b>1:00-2:00 PM</b>	Water Wave		Water Wave		Water Wave
<b>5:45-6:45 PM</b>		W.E.S.T.		W.E.S.T.	

**Arthrocize:** This program is designed to help maintain or improve joint range of motion, muscular strength and endurance. The class also incorporates correct body mechanics, which helps alleviate difficulties in gait and every day activities. (No aerobics involved in this class)

**Boots, Belts 'n Fins:** In this class participants will alternate wearing the hydro-fit boots and buoyancy belts and swim fins. Resistive gloves, power buoys and aquatic parachutes help create a dynamic cardiovascular and muscular conditioning workout.

**Participants need to feel comfortable in deep water.**

**Deep Water Combo:** Hop around the water step, strap on a pair of hydro-fit boots, snuggle into a buoyancy belt, slip into a pair of swim fins and power through the water.

**Water Pilates:** This class creatively adapts Pilates exercises for the pool. Elongate the entire body with unique conditioning exercises. Build a stronger core by moving from the inside out. Develop strength and flexibility with fluidity and grace. Focus on breathing for exercise and energy enhancement. Improve posture and body awareness.

**Shallow Water Combo:** This class is one hour of non-stop aerobic fun

**Water Combo:** A combination of Water Cross Training incorporating hand held equipment for upper-body strengthening and toning all in a one-hour workout. Try it all!

**Water Cross Training:** This class will consist of stations, cardio-respiratory conditioning, body mechanics and muscle toning. Add resistive equipment, increase the surface area, work against the waters current and buoyancy to increase strength and endurance.

**Water Wave:** Water Wave will target muscles that need strengthened and lengthened with exercises using both gravity and the properties of water. ADL's (activities of daily living) will be incorporated using a variety of equipment through a full range of motion.

**W.E.S.T:** This class is one hour of non-stop aerobic fun in shallow pool. . Finish your day with a great workout!

**Classes may be cancelled due to lack of attendance.**