



# WATER FITNESS

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

January 2–May 18, 2012

Phone 674-7488    www.sheridanymca.org

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday
5:45-6:45 AM	Water X Training		Water X Training		Water X Training
5:45-6:45 AM		Cardio Power		Cardio Power	
7:00-8:00 AM	Boots, Belts n' Fins		Boots, Belts n' Fins		Boots, Belts n' Fins
7:45-8:45 AM	Water X Training		Water X Training		Water X Training
8:00-9:00 AM		Shallow Water Combo		Shallow Water Combo	
9:00-10:00 AM	Water Wave	Core Strengthening Deep Water Combo	Water Wave	Core Strengthening Deep Water Combo	Water Wave
11:00AM-noon	Arthrocize		Arthrocize		Arthrocize
1:00-2:00 PM	Water Wave	Nuts About Noodles	Water Wave	Nuts About Noodles	Water Wave
5:45-6:45 PM		S.W.E.A.T.		S.W.E.A.T.	

CLASS NAME	DESCRIPTION	INTENSITY
Arthrocize	Arthritis therapy and rehabilitation is the focus of this Arthritis Foundation program. Designed to help maintain range of motion and strength for alleviating difficulties with daily living .	Very Low
Boots, Belts n' Fins	Cardio and muscle toning are combined in our deep water classes . Taught and at a lower intensity than Deep Water Combo. A variety of equipment is used to create a well rounded workout. <b>Participants must be comfortable in the deep water.</b>	Moderate to high
Cardio Power	Fast paced, high intensity cardio and muscle toning class incorporating equipment to create resistance from every direction in the water.	High
Core Strengthening	Improves core body strength, stability and flexibility in an atmosphere of serenity with the assistance of water for buoyancy and resistance.	Low
Deep Water Combo	Same as Boots, Belts n' Fins but taught at a higher intensity. There is some shallow water time in this class. <b>Participants must be comfortable in the deep water.</b>	High
Nuts About Noodles	Build muscle strength and cardio endurance with the use of our noodles in the shallow water.	Moderate to high
S.W.E.A.T.	<u>S</u> hallow <u>W</u> ater <u>E</u> ndurance <u>A</u> erobic <u>T</u> oning. A cardio workout that utilizes some equipment for toning; taught at a challenging yet safe pace.	Low to high
Shallow Water Combo	Increases cardio-respiratory fitness.	Moderate to high
Water Cross Training	Same as Water Wave but taught at a higher intensity.	Moderate to high
Water Wave	Cardio training without equipment and strength training with equipment. Taught with a lower intensity than its counterpart, Water X Training.	Moderate

- Individuals tailor the intensity of the workouts to fit their desired results.
- Cardio classes include 10 minutes of warm-up with cool down and stretching at end.
  - Classes may be cancelled due to lack of attendance.