Glenwood Park YMCA
Water Fitness Class Schedule

November

Monday		Tuesday		Wednesday		Thursday		Friday	
9:15 AM	Shallow	9:15 AM	Deep	9:15 AM	Shallow	9:15 AM	Deep	8:30 AM	Power Deep
10:00 AM	Functional			10:00 AM	Functional			9:15 AM	Shallow
11:00 AM	Arthritis			11:00 AM	Healthy Back H2O			10:00 AM	Functional
				5:45 PM	Shallow			11:00 AM	Arthritis

Class	Intensity Level	Description
Healthy Back H20	Low - Moderate	Developed by the YMCA of USA's Medical/Physical Advisory Staff, this class begins with warm-up walking and includes stretching at, or near the wall. Various water walking movements combined with upper body exercises provide a cardiovascular workout as well as core conditioning. Stretching and back strengthening exercises improve performance of daily activities.
Arthritis	Low - Moderate	This class meets in the small pool, navel to nipple depth and is designed for adults who want to improve overall daily function. The Arthritis Foundation Aquatic Program provides gentle movements in the water to increase one's range of motion, muscle strength, and endurance. Instructors offer variety and progressions to accommodate different abilities. Participants can enjoy a safe exercise option that helps to increase awareness of arthritis exercise principles, joint protection, and relaxation techniques.
Functional	Low-High	This class meets in the small pool navel to nipple depth and is designed to improve participants movement and ability to perform day to day activities easily. All exercise have modifications to accommodate varying fitness levels, complication from illness or chronic conditions to ensure participants success.
Shallow	Low-High	This class meets in the shallow end of the large pool and is designed for healthy participants who want to improve cardio, muscle strength, flexibility, and balance. Exercises are "non-swimmer" friendly and performed primarily in a vertical position in water that is navel to nipple depth.
Deep	Low-High	To start, this class meets in the shallow end of the large pool then progresses to the deep end. All participants are required to wear a float belt to remain in a vertical position to maximize the benefits of the exercises in a bottomless water environment.
Power Deep	Moderate-High	This class takes all of the advantages of Deep Water Fitness and adds a more powerful, challenging, high intensity workout. Cardio and resistance training is combined using methods of interval sets and more.

Webbed Gloves, Water Shoes, and Water Bottles are recommended for ALL Water Fitness Classes. Each class is 45 minutes unless indicated otherwise.

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