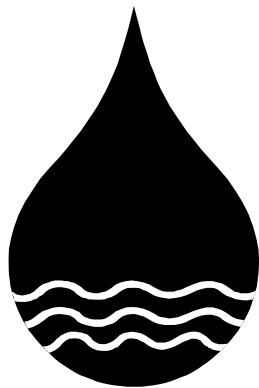


**BRYAN FAMILY YMCA**

# **WATER FITNESS**

## **TOTAL ACCESS PASS**



**As a 'Total Access Pass' participant, you can take all the water fitness classes you want at the Bryan Family YMCA for one low monthly rate! Pay One Fee and come whenever you want. You can even take more than one class a day! Open up for a class listing!**

### **YMCA WATER FITNESS:**

Did you know that a 30 minute walk in the water is the equivalent of a 2 hour walk on land? Water resistance offers an excellent opportunity for muscle-toning and body-sculpting. Water also cools the body during exercise which reduces stress on the heart and reduces the risk of injury by lessening the impact on weight-bearing joints, muscles, and bones.

### **2008 CLASS SCHEDULE:**

**AQUA-ARTHRITIS:** This is a non-aerobic water exercise class designed to work each joint through its full range of motion. This class was developed by the Arthritis Foundation in cooperation with the YMCA of the USA (AFYAP).

**M, W, F 8:00 – 9:00am**

**AQUA-COMBO:** This class combines deep and shallow water exercises for a total workout. Swimming ability is advised.

**M, W, F 6:00 – 7:00am**

**DEEP IMPACT:** This deep water class gives a total body aerobic workout, including both cardiovascular conditioning as well as strength training. Perfect for building stamina and helping your joints.

**SAT. 9:00 - 10:00am**

**HYDROMANIA:** This shallow water fitness class combines water resistance exercises and aerobic activity for a total body workout. Exercise intensity is moderate.

**M, W 6:00 - 7:00pm**

**T, TH 6:00 - 7:00pm**

**TIDAL WAVES:** This shallow water fitness class combines water resistance exercises and moderate aerobic activity for a full fitness experience. Exercise intensity is moderate.

**T, TH 9:00am - 10:00am**

**TWELVE 'O' CLOCK TURBO:** This shallow water fitness class combines water resistance exercises and aerobic activity for a total body workout. Exercise intensity is moderate to high.

**T, TH, F 12:00 – 1:00pm**

**WAVE RUNNER:** This deep water total body class is geared to work your cardiovascular system and strengthen your joints and muscles. Moderate to high aerobic workout.

**T, TH 6:00 – 7:00pm**

**TAKE ANY OR ALL OF THE ABOVE CLASSES FOR ONLY:**

***\$19 a month\* (Y members)***

*or*

***\$38 a month\* (non-members)!***

*or*

***Register for just a single class!***

*(see our standard 'Water Fitness' posting)*

*\* Total Access Pass participants will be ineligible for missed class credits, vouchers, or rain checks.*

### **YMCA Mission:**

The mission of the YMCA is to put Judeo Christian principles into practice through programs that build healthy spirit, mind, and body for all.

**Office Use Only: 04AQWEACCESS**