

ADULT WATER FITNESS

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.

M, W, F 8:00 – 9:00am
 \$17 for Y members; \$ 34 for the general public

ARTHRITIS-PLUS*: Our Aqua-Arthritis Class with a small aerobic component and increased exercise intensity. *Not included in Total Access.*

M, W, F 9:00—10:00am
 \$17 for Y members; \$ 34 for the general public

AQUA-COMBO: This class combines deep and shallow water exercises, aqua-jogging, and toning for a total body workout. Swimming ability is advised.

M, W, F 6:00 – 7:00am
 \$17 for Y members; \$ 34 for the general public

AQUACIZE: This High Energy class combines stretching, yoga, and deep and shallow water workouts. Swimming ability is advised.

T, TH 6:00 – 7:00am
 \$12 for Y members; \$ 24 for the general public

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

SAT only. 9:00am – 10:00am
 \$7.50 for Y members; \$15 for the general public

HYDROMANIA: This shallow water class combines water resistance exercises and aerobic activity for a full body workout. Moderate to High Intensity.

M, W 6:00 - 7:00pm
 \$12 for Y members; \$ 24 for the general public

LUNCH TIME TURBO: An exciting combination of elements from shallow and deep water resistance workouts. Moderate to High Intensity.

T, TH, F 12:00pm - 1:00pm
 \$17 for Y members; \$ 34 for the general public

TIDAL WAVES: This shallow water class combines resistance exercises, yoga techniques, and moderate aerobic activity for a full fitness experience.

T, TH, F 9:00am - 10:00am
 \$17 for Y members; \$ 34 for the general public

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
 \$12 for Y members; \$ 24 for the general public

REGISTRATION INFO.

Water Fitness Classes are paid for by the month. The registration is open for the entire calendar year, and participants may feel free to register and pay in advance for as many months as they would like in 2010. All sales are final, except in the case of hospitalization or other health-related injuries. Payment should be made by the first of each month to be included in that month's roster, but new participants may register and join an open class at any time.

SIGN UP FOR ANY ONE OF THE CLASSES OFFERED, OR REGISTER FOR ALL THE CLASSES TOGETHER WITH THE

'WATER FITNESS TOTAL ACCESS PASS'!

\$19 monthly for Bryan YMCA Members;
\$38 monthly for the general public!

**Total Access Pass includes access to all classes listed except 9:00am Aqua- Arthritis Plus.*

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

DR. ANN WEISER: AQUATIC PERSONAL TRAINING AND REHAB

Do you have special needs? Do you have a physical challenge? Do you need one-on-one attention? If so, this could be "just what the doctor ordered." Ann Weiser, PhD, ATRIC has been helping people with special needs and disabling conditions for over 20 years. For more information, or to schedule a session, please contact **Dr. Ann Weiser at 286-9814..**

For Questions or concerns, please contact
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 at (336) 478-9634 or james.wright@ymcagreensboro.org