

## BRYAN FAMILY YMCA

# ADULT WATER FITNESS

### **REGISTRATION INFO.**

Water Fitness Classes are paid for by the month. The registration is open for the entire year, and participants may feel free to register and pay in advance for as many months as they would like in 2008. 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.

**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  
*\$16 for members; \$ 32 for the general public*

**ARTHRITIS-PLUS:** Our Aqua-Arthritis Class with a small aerobic component and increased exercise intensity.

**M, W, F** 9:00—10:00am  
*\$16 for members; \$ 32 for the general public*

**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  
*\$16 for members; \$ 32 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.** 8:30 - 9:30am  
*\$8 for members; \$16 for the general public*

**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  
*\$14 for members; \$ 28 for the general public*

**T, TH** 6:00 - 7:00pm  
*\$14 for members; \$ 28 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  
*\$14 for members; \$ 28 for the general public*

**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  
*\$14 for members; \$ 28 for the general public*

**TWELVE 'O CLOCK TURBO:** This water fitness class combines elements from shallow and deep water workouts for a total body workout. Exercise intensity is moderate to high.

**T, TH, F** 12:00pm - 1:00pm  
*\$16 for members; \$ 32 for the general public*



SIGN UP FOR ANY ONE OF THE CLASSES ABOVE, OR REGISTER FOR ALL THE CLASSES TOGETHER WITH THE 'WATER FITNESS

**TOTAL ACCESS PASS'!\***

\$19 monthly for members;

\$38 monthly for the general public!

*\*Total Access Pass does not include Aqua- Arthritis Plus.*

### **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 **Ann Weiser at 286-9814..**