

2012 Schedule WINTER I

Class times	Type of Class
8:00-9:00am MWF	Water Fitness
8:00-9:00am T Th	Water Arthritis
8:00-9:00am T Th	Water Walking (No Instructor)
9:30-10:30am T Th	Deep Water Workout
11:00-noon MWF	Water Arthritis
Noon-1:00pm MW	Water Fitness
Noon-1:00pm T Th	Sr Fitness
6:00-7:00pm M	Water Fitness
6:00-7:00pm W	Water Fitness
5:15-6:00pm T	WaterFitness
5:15-6:00pm Th	Water Fitness

2012 Session Schedule

Registration	Session
January 2-Jan 8	Jan 9-March 4
Feb 27-March 4	March 5-April 29
April 23-April 29	April 30--June 24
June 18-June 24	June 25-Aug 19
Aug 20-Sept 3	SHUT DOWN WEEKS
Sept 4-Sept 9	Sept 10-Nov 4
Oct 29-Nov 4	Nov 5-Dec 30

Class Fees:

Classes are **free** to Norwich Family YMCA members.

Non member fees per session:

<i>Once a week</i>	<i>\$80</i>	<i>Srs \$70</i>
<i>Twice a week</i>	<i>\$160</i>	<i>Srs \$140</i>
<i>Three times a week</i>	<i>\$240</i>	<i>Srs \$210</i>
<i>Day Pass</i>	<i>\$10</i>	

Additional Information

For more information on Norwich Family YMCA Water Fitness call Aquatics Director, Krista Sheridan at 607-336-9622x25.

YWATER FITNESS™

We build strong kids, strong families, strong communities.



YMCA

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strong families, strong communities.



Norwich Family YMCA

68 North Broad St.
Norwich, NY 13815

607-336-9622
www.norwichymca.com

CLASS DESCRIPTIONS

Water Fitness (8:00-9:00am MWF)

Is a moderate to high level cardiovascular workout. This low impact workout is designed to work every muscle group. The water's buoyancy decrease stress on hips, knees, ankles and feet. Great workout for any age. Join Marissa to elevate your heart rate and tone your muscles!

Water Arthritis (8:00-9:00am T Th, 11:00-noon MWF) classes follow the guidelines for the Arthritis Foundation, providing exercises for mobility, flexibility and stretching. These classes are designed for those with arthritis, MS and related conditions. Classes cover movements to strengthen posture, balance, core strengthening, range of motion, and flexibility.

Deep Water Walking (8:00-9:00am T Th)

Is a class allotted pool time *without an instructor*. The deep end of the pool is made available for participants to wear a jog belt and work at their own pace at endurance and strength training

Deep Water Workout (9:30-10:30 T Th)

Is an advanced class that focuses on posture, coordination, and range of motion while strengthening the core. Swimming skills are not required, although comfort in the deep water is a must!



Why Water Fitness?

Water fitness classes can be just as challenging as land-based classes.

Benefits of Water exercise include:

- Increase range of motion
- Resistance of the water
- Great Core workout
- Weight loss
- Muscle toning
- Aerobic Workout
- Reduces joint impact
- Fun!



CLASS DESCRIPTIONS

Sr Water Fitness (Noon-1:00pm T Th) is a low to moderate level cardio workout. Srs join peers to experience a workout where the instructors lead through a variety of movements and combinations. Arms, legs, and abdominal exercises are conducted with various pieces of equipment.

Noon Water Fitness (Noon-1:00pm MW) Will get your blood moving and your heart pumping! This is a great cardiovascular and endurance class. A variety of movements and combinations designed to work all muscle groups!

Evening Water Fitness (6:00-7:00pm M, W, 5:30-6:30 Th) Slice it and dice it for maximal cardio intensity. This fast paced shallow water class combines a variety of fitness moves and equipment to work all muscle groups to provide strengthening and toning. A great class to burn those calories!

