



Water Fitness Classes

COVID Guidelines for Classes

- Only 9 people allowed in each class. Please register at the front desk or on <https://norwichfamilyymca9622.setmore.com>. For classes to be held there must be a minimum of 3 people signed up.
- There will be no traveling around the pool during classes, all exercises must be done in one area
- While in the water participants must socially distance of 6' from each other while not wearing masks. Wearing masks in the water is not recommended.
- Participants must be prepared to wear a mask once out of the water on deck and in the locker room.
- If using the shower be sure to spray it down after use.
- To limit over congestion in the locker room participants coming in to take a class should change and stage in the girls' locker room to allow participants from the exiting class to use the women's locker room.

Morning Water Fitness: 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.

Evening Water Fitness: 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!

Water Arthritis: Classes follow the guidelines for the Arthritis Foundation, provide 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 Workout: 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!

Praise in the Pool: Praise in the pool is water aerobic exercising to Christian music that utilizes all muscles in your body. The exercises can be easily modified by participants who may be physically challenged from injuries or surgeries. Great way to get back into exercising before going to regular gym classes.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:15 am	Water Fitness w/Kathy	Water Arthritis w/Leanne	Water Fitness w/Kathy	Water Arthritis w/Leanne	Water Fitness w/Kathy
9:30-10:15 am	Water Arthritis w/Barb		Water Arthritis w/Barb		Water Arthritis w/Barb
5:30-6:30 pm	Praise in the Pool w/Karen	Water Fitness w/Denise	Praise in the Pool w/Karen	Water Fitness w/Lynn	

Please note: The pool will be divided in 1/2 to allow 3 lanes for water exercise classes at the scheduled time. The other 3 lanes will be open for lap swimming.