

WATER FITNESS SCHEDULE

WINTER 2012



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

H2O Exercise

Develop strength, increase muscle tone and flexibility and get a great aerobic workout.

Aqua Abs & Stretch

Get a great abdominal workout in the water and do stretches you could never do on land.

Tone & Stretch

Revitalize your workouts with the latest combinations of shallow water, low- and no-impact workouts.

Boot Camp

Have a great aerobic workout while developing strength, muscle tone, and flexibility. Class offers 45 minutes of aerobics and ab exercises that you could never do on land.

Active Older Adults (AOA)

Active Older Adults classes are designed to improve cardiovascular fitness as well as muscular strength and endurance while increasing range of motion and flexibility. These self-paced conditioning classes are suitable for all fitness levels with the added benefits of being low impact and gentle on the joints. A variety of equipment will be utilized to personalize your workout.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00a H2O EXERCISE High Intensity	8:15-9:15a H2O EXERCISE Mod Intensity	8:00-9:00a H2O EXERCISE High Intensity	8:15-9:15a H2O EXERCISE Mod Intensity	8:00-9:00a H2O EXERCISE High Intensity	8:00-9:00a H2O EXERCISE High Intensity
9:00-9:30a AQUA ABS	9:15-9:45a AQUA ABS & ARMS	9:00-9:30a AQUA ABS	9:15-9:45a AQUA ABS & ARMS	9:00-10:00a TONE & STRETCH	9:00-9:30a AQUA ABS
11:15-12:00p H2O EXERCISE Beginner/AOA	11:15-12:00p H2O EXERCISE Beginner/AOA	11:15-12:00p H2O EXERCISE Beginner/AOA	11:15-12:00p H2O EXERCISE Beginner/AOA		
6:00-7:00p H2O EXERCISE High Intensity	2:00-2:45p BOOT CAMP	6:00-7:00p H2O EXERCISE High Intensity	2:00-2:45p BOOT CAMP		
7:00-7:30p AQUA ABS	8:00-8:45p BOOT CAMP	7:00-7:30p AQUA ABS	8:00-8:45p BOOT CAMP		

FOND DU LAC FAMILY YMCA

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