

Y WATER EXERCISE

Greater Wichita YMCA | We build strong kids, strong families, strong communities. | www.ymcawichita.org

Central Branch YMCA Water Exercise Class Schedule Effective 8/1/10-12/31/10

All Classes on this schedule are included in YMCA membership!

Time	Class	Instructor
MONDAY		
1:30-2:30pm	Silver Splash	Sarah
5:30-6:00pm	Water Works Express	Sarah
6:00-6:30pm	Liquid Flex & Flow	Sarah
TUESDAY		
6:15-7:00am	Shallow Water Circuit	Gina
5:30-6:30pm	Working Down Under	Jackie
WEDNESDAY		
1:30-2:30pm	Silver Splash	Sarah
5:30-6:00pm	Water Works	Sarah
6:00-6:30pm	Liquid Flex & Flow	Sarah
THURSDAY		
6:15-7:00am	Shallow Water Circuit	Gina
5:30-6:30pm	Working Down Under	Annette
FRIDAY		
5:30-6:15pm	Hydrobox	Jackie

NEW OR JUST RETURNING TO A FITNESS ROUTINE?
Try one of the SHADED Healthseeker Classes! "Basics To" classes require pre-registration at Member Service Desk.

CLASS DESCRIPTIONS:

Water Works - A shallow water workout for every part of your body. Cardiovascular work, aqua sculpting and stretching make this a terrific workout without stress to the joints!

Silver Splash - Activate your aqua exercise urge for variety! Silver Splash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiocascular endurance. No swimming ability required and a special Silver Sneakers kickboard is used to develop strength, balance and coordination.

Shallow Water Circuit - A class for all levels that focuses on a 5 to 5 minute ratio of working cardio endurance alternated with strength and endurance moves using water related equipment. A total body workout

Working Down Under - A deep water workout using float belts; exercises for every body part.

Hydrobox - Experience the best of cardio & strength. Hydrobox reaches across the generations with classic choreography that features an edgy kickboxing flavor. Come and enjoy this high energy class suited for all fitness levels

NEW CLASS

LIQUID FLEX & FLOW

Experience the ultimate 30 minute package of strength, and mind/body in this shallow water workout that is creative fusion of explosive strength movements, static poses and some cardio.

All classes are ongoing, and are open to members ages 13 and up... join in at any time! Classes are canceled when USD 259 cancels school due to inclement weather. Call first to ensure class will be held (838-9622). Classes may be canceled or times may change due to low attendance. Please refer to schedules regularly or check online information at www.ymcawichita.org for up-to-date information.