



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WATER EXERCISE

NORTH SPOKANE YMCA

10727 N Newport HWY • ymcaspokane.org • 509.777.YMCA (9622)

December 18th, 2017 – March 31st, 2108

Monday

Aqua Zumba
 Recreation Pool
 6:00 AM Self Led

River Walk
 River
 7:15 AM Hannah

Shallow Water Ex.
 Rec & Lap Pools
 7:30 AM Kat

Shallow Water Ex.
 Recreation Pool
 8:30 AM Hannah

Aquasize
 Lap Pool
 8:30 AM Kat

AOA
 Recreation Pool
 11:30 AM Hannah

Tuesday

Arthritis
 Recreation Pool
 7:00 AM Kat

Aquasize
 Lap Pool
 8:00 AM Kat

Shallow Water Ex.
 Recreation Pool
 8:00 AM Hannah

Running Rapids
 River
 9:15 AM Kat

Arthritis
 Recreation Pool
 11:30 AM Angela

Running Rapids
 River
 5:30 PM Lianne

Wednesday

Aqua Zumba
 Recreation Pool
 6:00 AM Self Led

River Walk
 River
 7:15 AM Hannah

Shallow Water Ex.
 Rec & Lap Pools
 7:30 AM Kat

Shallow Water Ex.
 Recreation Pool
 8:30 AM Hannah

Aquasize
 Lap Pool
 8:30 AM Kat

AOA
 Recreation Pool
 11:30 AM Hannah

Thursday

Arthritis
 Recreation Pool
 7:00 AM Kat

Water Volleyball
 Lap Pool
 8:00 AM Kat

Shallow Water Ex.
 Recreation Pool
 8:00 AM Hannah

Running Rapids
 River
 9:15 AM Kat

Arthritis
 Recreation Pool
 11:30 AM Angela

Running Rapids
 River
 5:30 PM Lianne

Friday

Aqua Zumba
 Recreation Pool
 6:00 AM Self Led

River Walk
 River
 7:15 AM Hannah

Shallow Water Ex.
 Rec & Lap Pools
 7:30 AM Kat

Shallow Water Ex.
 Recreation Pool
 8:30 AM Hannah

Water Polo
 Lap Pool
 8:30 AM Kat

AOA
 Recreation Pool
 11:30 AM Angela

Saturday

Aqua Zumba®
 Recreation Pool
 7:30 AM Kassie



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Class Descriptions

AOA (Active Older Adult):

This ongoing class is specifically designed for older adults. Each class is one hour in length, beginning with a warm up and slowly moving into cardiovascular exercise, then ending with strength, toning, and flexibility.

Aqua Intervals:

Get your heart rate up with this upbeat interval workout in the water.

Aquasize:

This class is impact free and uses exercise equipment that allows you to exercise with all joints and muscles submerged. Through buoyancy and resistance this class will help you tone, strengthen, build endurance and increase flexibility.

Aqua Zumba®:

This Latin inspired aerobic workout is a fun, muscle pumping, caloric burning dance workout done in shallow water. The workout is guaranteed to make waves.

Arthritis:

This is an opportunity for people with arthritis to participate in a recreational group activity that provides a positive experience in the water.

Golden Waves:

Come try dancing and sweating in the water! This class combines a choreographed dance routine with stretching and muscle endurance to give you a complete workout in the pool!

Running Rapids:

Walk or run with and against the current in the Lazy River. This is an excellent way to tone your muscles and increase stamina.

Shallow Water Exercise:

This Water Exercise class is done in shallow water. The high intensity workout uses water to cushion feet, knees and back. There is an emphasis on cardiovascular conditioning.

Water Polo:

Come get a great full body work out with our fun and friendly water polo class. This is instructor led and is great for all ability levels. *This is non-competitive, friendly class*

****FOR CLASSES IN THE SHALLOW WATER RECREATION POOL & LAZY RIVER**
WATER SHOES ARE RECOMMENDED BUT NOT REQUIRED.
WATER SHOES HELP WITH TRACTION AND PROTECT FEET WHILE EXERCISING.**