



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WATER EXERCISE

CENTRAL SPOKANE YMCA

December 18th - February 4th, 2018

930 N. MONROE • ymcaspokane.org • 509.777.YMCA (9622)

Monday	Tuesday	Wednesday	Thursday	Friday
SST Trish Therapy 8:30 - 9:30	SST Taylor Therapy 8:30 - 9:30	SST Trish Therapy 8:30 - 9:30	SST Taylor Therapy 8:30 - 9:30	SST Trish Therapy 8:30 - 9:30
Liquid Hi & Lo Trish Lap 10:30 - 11:30	Liquid Hi & Lo Andrea Lap 9:00 - 9:45	Aqua Core Strength Tomi Lap 10:30 - 11:30	Aqua Core Strength Riley Lap 9:00 - 9:45	Liquid Hi & Lo Trish Lap 10:30 - 11:30
Arthritis Trish Therapy 1:00 - 2:00	Yoga Andrea Therapy 9:45 - 10:15	Arthritis Trish Therapy 1:00 - 2:00	Aqua HIIT Reba Lap 9:45 - 10:15	Arthritis Trish Therapy 1:00 - 2:00
SST Trish Therapy 2:15 - 3:15		SST Trish Therapy 2:15 - 3:15		SST Trish Therapy 2:15 - 3:15
	Aqua Core Strength Trish Lap 5:30 - 6:30		Liquid Hi & Lo Trish Lap 5:30 - 6:30	

- Lower Intensity Classes -

Arthritis Water Exercise

Improve range of motion and wellness in this recreational group activity designed for people with mobility restrictions.

Aqua Yoga

Learn ways to stretch, move, and enjoy your body in the support of the warm water in the Therapy Pool. These yoga postures have been adapted for the water to sooth joint and muscle pain as well as relieve stress.

- Moderate Intensity Classes -

Strengthen Stretch and Tone (SST)

Strengthen the body, tone muscles, and challenge balance in the Therapy Pool using a variety of flotation and resistance equipment.

Aqua Core Strength

Focus on your core stability while building strength through a variety of exercises in the shallow and deep water of the lap pool.

- Higher Intensity Classes -

Liquid Hi & Lo

Raise your heartrate during this fun and invigorating medium-intensity cardio workout in the shallow and deep water of the Lap Pool.

Aquatic High-Intensity Interval Training (A HIIT)

Challenge yourself with a combination of swimming and calisthenics both in and out of the water. Requires the ability to swim at least one length of the lap pool and a swimsuit that can withstand getting in and out of the water rapidly and repeatedly.