



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE

January 8 to March 30, 2018

SPOKANE VALLEY YMCA

2421 N Discovery Place

ymcaspokane.org

(509)777.YMCA (9622)

Monday	Tuesday	Wednesday	Thursday	Friday
Shallow Hydro 360 Rec Pool 7:30 Marji	Kickboxing/ Zumba Rec Pool 6:30 Jerry	Water Exercise/ Water Polo Lap Pool 7:30 AM Lynda	Deep Water Lap Pool 8:00 AM Lynda	Shallow Hydro 360 Rec Pool 7:30 Marji
Water Polo Lap Pool 7:30 AM Lynda	Deep Water Lap Pool 8:00 AM Lynda	Shallow Hydro H.I.I.T Recreation Pool 7:30AM Marji	Hydro 360 *NEW Recreation Pool 8:00 Patricia	Water Exercise Lap Pool 7:30 AM Lynda
AOA Recreation Pool 8:30AM Lynda	Hydro 360 *NEW Recreation Pool 8:00 Patricia	AOA Recreation Pool 8:30AM Lynda	AOA/ Arthritis Recreation Pool 9:00 Bev	AOA Recreation Pool 8:30AM Lynda
Hydro 360 Lap Pool 9:00AM Pepper	AOA/ Arthritis Recreation Pool 9:00 Bev	Deep Core Challenge Lap Pool 9:00AM Marji	Water Exercise Lap Pool 9:00 AM Lynda	Water Exercise Lap Pool 9:00 AM Kari
AOA Recreation Pool 1:00PM Joleen	Water Exercise Lap Pool 9:00 AM Kari	AOA Water Volleyball Recreation Pool 1:00PM Joleen	Arthritis (Cardio) Recreation Pool 1:00PM Patricia	AOA Recreation Pool 1:00PM Lynda
AOA Water Volleyball Recreation Pool 2:00 PM Joleen	Arthritis (Cardio) Recreation Pool 1:00PM Patricia	AOA Recreation Pool 2:00 PM Joleen	Arthritis (Gentle) Recreation Pool 2:00 PM Patricia	
HydroManiacs Lap Pool 5:30 PM Patricia	Arthritis (Gentle) Recreation Pool 2:00 PM Patricia	Hydro H.I.I.T Lap Pool 5:30 PM Patricia		

Saturday
Water Kickboxing Recreation Pool 8:00 AM Jerry

AOA

Each class begins with a warm up and slowly moves into a quick burst cardio segment, to strength , back to a burst of cardio, ending with toning, cool down and stretching

Shallow H2O Exercise

This class incorporates strength and an emphasis on cardiovascular exercise. Including a warm up and cool down.

Aqua Fit

Get your heart rate up with this upbeat interval workout in the water. Also work on strength and balance in the water. Primarily Deep Water

Hydro 360

An overall body water exercise class that includes toning, cardio and flexibility. High intensity workouts.

Hydro Maniacs

Kick your workout into high gear with this high energy class. Work on overall strength and toning, core and cardio with circuit work.

Water Exercise

This Deep/ shallow water exercise class offers the opportunity to increase your heart rate and get a great workout for cardio, endurance and strength

Hydro H.I.I.T

Total body, high intensity workout of cardio and strength. Both deep and shallow ends of the pool are utilized.

Water Kickboxing

A strenuous and challenging class combining kickboxing moves with strength and stretching.

Arthritis Cardio/ Gentle

C: This work out is focused on getting you moving in a way that will make you feel good. **G:** Gentle movements are used to help stiffness of joints