



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CREATING A HAPPIER HEALTHIER YOU

## Aqua Fitness Schedule


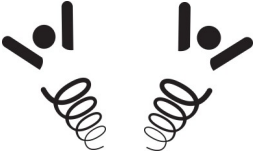


June 16 - September 4, 2018

All Classes FREE with Annual YMCA Membership!

3 Month & Non-Member Pricing:  
\$115 12 week session card, unlimited classes  
\$8 Drop in fee – per class

\*\*Unused or lost cards are non-refundable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30 a.m. <i>Self-Directed Exercise</i> (Therapy Pool)	8:30 - 9:30 a.m. <i>Self-Directed Exercise</i> (Therapy Pool)	8:00 - 8:45 a.m. <i>Liquid Toning</i> Theresa (Therapy Pool)	8:30 - 9:30 a.m. <i>Aqua Yoga</i> Ashes (Therapy Pool)	8:30 - 9:30 a.m. <i>Self-Directed Exercise</i> (Therapy Pool)
*Participants must be minimally 14 years of age to join in Aquatic Fitness Classes		Non-Swimmers and beginners are welcome to all classes!		4:45 - 5:30 p.m. <i>Self-Directed Aqua Movement</i> (Therapy Pool)
	6:30 - 7:30 p.m. <i>Power Aqua</i> Donna (Lap Pool)	4:45 - 5:30 p.m. <i>Self-Directed Aqua Movement</i> (Therapy Pool)	6:30 - 7:30 p.m. <i>Power Aqua</i> Donna (Lap Pool)	

**Our class schedule is subject to change.**

See individual class descriptions and intensity levels on back.

### WALDO COUNTY YMCA

157 Lincolville Ave Belfast, ME 04915  
207.338.4598 • www.waldocountyymca.org  
The Waldo County YMCA is a 501(c)(3) Charitable Organization.

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## JOIN US FOR SOME FUN!

**Beginners and non-swimmers are welcome to all of our low impact, fun, and specialized Aqua Fitness classes.**

### **Self Directed Exercise** 60 min. Therapy Pool ♥-♥♥♥♥

Develop your own workout for whatever you feel you need to work! A CD is available with one-hour of guided exercises, or you can do your own thing.

### **Liquid Toning** 45 min. Therapy Pool ♥♥

Whole body strengthening and stretching is the primary focus. Suspended and anchored movements are also utilized to increase stamina in this fun and energetic class.

### **Aqua Yoga** 60 min. Therapy Pool ♥

A gentle workout with lots of relaxing stretches combined with strengthening and light aerobic activities. Non-swimmers and beginners are welcome.

### **Self-Directed Aqua Movement** 45 min. Therapy Pool ♥

Develop your own gentle workout to ease aches and pains. Combine relaxing stretches with strengthening and light aerobic activities.

### **Power Aqua** 60 min. Lap Pool ♥♥♥♥

For those who want to feel the burn, Power Aqua is a more intense aerobic workout in shallow and deep water, using noodles and weights to isolate muscles and increase intensity.

#### **Class Intensity Levels:**

- |             |   |
|-------------|---|
| ♥ Level 1   | Non-Impact program that works range of motion and balance.          |
| ♥♥Level 2   | Aerobic exercises, core work and muscle toning                      |
| ♥♥♥Level 3  | A mix of aerobic, muscle toning, balance and flexibility exercises. |
| ♥♥♥♥Level 4 | Fast paced exercises include muscle toning, endurance & cardio.     |

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