



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATING A HAPPIER HEALTHIER YOU



Aqua Fitness Schedule September 11-December 1, 2017

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. Aquacizing Frank (Therapy Pool) Beginning 9/25	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)	8:30 - 9:30 a.m. Aqua Yoga Ashes (Therapy Pool)	8:30 - 9:30 a.m. Aquacizing Frank (Therapy Pool) Beginning 9/29
*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. Arthritis Foundation <i>Self-Directed</i> (Therapy Pool)
	6:30 - 7:30 p.m. Power Aqua Donna (Lap Pool)	4:45 - 5:30 p.m. Arthritis Foundation <i>Self-Directed</i> (Therapy Pool)	6:30 - 7:30 p.m. Power Aqua Donna (Lap Pool)	

Our class schedule is subject to change.

See individual class descriptions and intensity levels on back.

WALDO COUNTY YMCA

157 Lincolnville Ave Belfast, ME 04915

207.338.4598 • www.waldocountyymca.org

The Waldo County YMCA is a 501(c)(3) Charitable Organization.

CAROLYN STEEVES

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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.

Aquacizing 60 min. *Therapy Pool* ♥♥ This class will combine various aerobics, stretching, and strengthening. It can help you work towards improved flexibility, coordination, balance, muscle tone, heart, and lungs. Non-swimmers are welcome.

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.

Arthritis Aquatics Program 45 min. *Therapy Pool* ♥ AFAP is a gentle workout to ease those aches and pains. Lots of relaxing stretches combined with strengthening and light aerobic activities. Attendees should be cleared by their doctor before participating in this class (this is not an insurance-based program)

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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