



FOR YOUTH DEVELOPMENT[®]
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

CREATING A HAPPIER HEALTHIER YOU

Aqua Fitness Schedule

March 25 – June 16, 2018

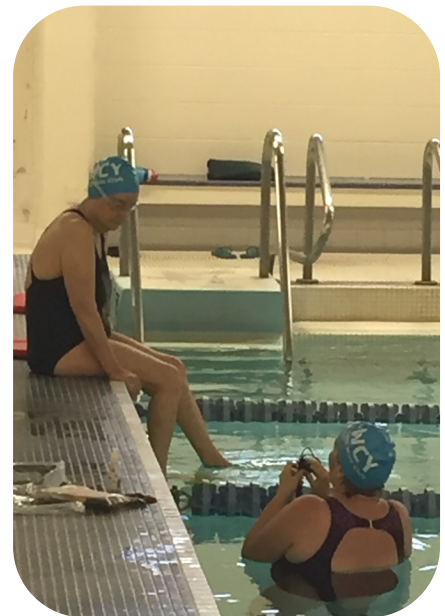
All Classes **FREE** with Annual YMCA Membership!

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. Aquacizing Frank (Therapy Pool) Beginning 9/25	8:30 – 9:30 a.m. Self-Directed Exercise (Therapy Pool)	8:30 – 9:30 a.m. Self-Directed Exercise (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. Self Directed Aqua Movement (Therapy Pool)
	6:30 – 7:30 p.m. Power Aqua Donna (Lap Pool)	4:45 – 5:30 p.m. Self Directed Aqua Movement (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 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.

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.

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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