



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)	8:30 - 9:30 a.m. <i>Self-Directed Exercise</i> (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.

CAROLYN STEEVES

ypool@waldocountyymca.org



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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.

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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