



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATING A HAPPIER HEALTHIER YOU

Aqua Fitness Schedule

June 19– September 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. Aqua Cardio Jasmine (Therapy Pool)	8:30 - 9:30 a.m. Aqua Cardio Jasmine (Therapy Pool)	8:30 - 9:30 a.m. Aqua Cardio Jasmine (Therapy Pool)	8:30 - 9:30 a.m. Aqua Yoga Ashes (Therapy Pool)	8:30 - 9:30 a.m. Aqua Cardio Jasmine (Therapy Pool)
<i>*Participants must be minimally 14 years of age to join in Aquatic Fitness Classes</i>		Non-Swimmers and beginners are welcome to all classes!		
	6:30 - 7:30 p.m. Power Aqua Donna (Lap Pool)	4:45 - 5:30 p.m. Arthritis Foundation Teri (Therapy Pool)	6:30 - 7:30 p.m. Power Aqua Donna (Lap Pool)	4:45 - 5:30 p.m. Arthritis Foundation Teri (Therapy 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.

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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.

Aqua Cardio 60 min. *Therapy Pool* ♥♥♥♥ A class offered in our lap pool for a high intensity 45 minute class and offered in our therapy pool for a slower 60 minute version of the workout. This fun and energetic exercise routine will offer a variety of effective formats incorporating dumbbells, noodles, and boards. Work your entire body in full range resistance exercises that increases strength, flexibility and muscle tone, all with **no impact!**

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). A certified Arthritis Foundation instructor will teach this class.

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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