



Water Exercise

Monday

7:00 AM Wabata (Patti)
7:30 AM Water Works (Patti)
8:30 AM Water Works (Diane)
8:30 AM Deep Water Exercise (Mittie)
9:30 AM Water Fit (Mittie)
10:30 AM Yoqua/Aqua Pilates (Mittie)

Tuesday

8:00 AM Complete Core* (Felecia)
8:30 AM Water Aerobics (Felecia)
9:30 AM Twinges in the Hinges (Felecia)
10:30 AM Mobility* (Felecia)
6:00 PM Aqua Zumba (Dee)

Wednesday

7:00 AM Walates (Patti)
7:30 AM Water Works (Patti)
8:30 AM Water Works (Diane)
8:30 AM Deep Water Exercise (Patti)
9:30 AM Water Fit (Patti)
10:30 AM Yoqua/Aqua Pilates (Brenda)
4:30 PM Water Aerobics (Janet)

Thursday

8:00 AM Complete Core* (Felecia)
8:30 AM Water Aerobics (Felecia)
9:30 AM Twinges in the Hinges (Felecia)
10:30 AM Mobility* (Felecia)
6:00 PM Aqua Zumba (Dee)

Friday

7:00 AM Wabata (Patti)
7:30 AM Water Works (Patti)
8:30 AM Water Works (Diane)
8:30 AM Deep Water Exercise (Mittie)
9:30 AM Water Fit (Mittie)
10:30 AM Yoqua/Aqua Pilates (Mittie)
4:30 PM Water Aerobics (Diane)

Saturday

9:00 AM Water Aerobics (Felecia/Diane)

235 Technology Drive
Rocky Mount, VA 24151
540-489-9622
www.franklincountyyymca.org

* Indicates new class

Descriptions for Water Exercise Classes Scheduled for April—June 2016

Aqua Zumba

All the fun of Zumba with the low impact benefits of water exercise.

Completely Core

In the warm water of the program pool, all exercises are performed with increasing repetitions and speed or duration to develop core muscle strength and support for maintaining best possible spinal alignment and movement.

Deep Water Exercise

A class for those with moderate to higher levels of physical fitness who have swim skills necessary for safety, proper body alignment, and exercise performance in deep water. Exercises are suspended with or without a water exercise belt.

Mobility

A great introduction to movement in water. Focusing on low intensity, pain relieving movements to keep muscles active with little to no impact on joints.

Twinges in the Hinges (Arthritis Class)

An aquatic program designed for persons with limitations of arthritis and other physically restricting conditions that make it difficult or painful to exercise on land. Movements designed to target all muscle groups, including the heart, to insure continued range of motion and functionality out of the water. Gripping and impact activities are limited, or controlled, while training balance, core stability, pain-free range of motion and moderate intensity heart-rate elevation.

Wabata

A 30 minute HIT (high intensity training) program based on Tabata interval training which is 20 seconds of work with 10 seconds of rest.

Water Aerobics

A high energy, full-body aerobic workout set to music. A 5-7 minute half-tempo warm-up progresses into interval and sustained aerobic training segments which culminate in a 7 minute cool down and up to a 10 minute stretch. Water bottles and shoes are encouraged.

Water Fit

A low impact workout for all physical abilities conducted in warm water between 4-5 feet deep. Range of motion exercises as well as building cardiovascular endurance through interval training is provided. Swimmers and non-swimmers can benefit from aerobic exercise and toning exercises using resistance equipment.

Water Works

Shallow water, no swimming skills required. Focus is on cardiovascular fitness and muscular strength and endurance. Equipment is used to vary workouts and add resistance.

Yoqua/Aqua Pilates

Transitional standing Yoga Poses held in shallow, warm water to increase balance, flexibility, and relaxation. Aqua Pilates develops body awareness and core stability and provides a safe, balanced, effective, and powerful program to achieve a toned and supple body.

**Children ages 10-12 must be accompanied by an adult.
Children under 10 may not participate.**