

# WATER + YMCA = HEALTHY

## YMCA of Vineland Water Exercise Programs - 2018

**Winter Session:** February 26 – April 20, 2018 (no class Monday, March 30)

**Registration Begins:** **Facility Members:** Monday, February 12

**Program Members:** Monday, February 19

**Fees:**

- **Full Facility Members:** FREE! All classes are now included with your membership; please be sure to register for your class at the Member Service Desk, space is limited for all classes
- **Program Members:**
  - **3 day class:** \$92.00 (Program Members); M/W/F – \$88.00
  - **2 day class:** \$77.00 (Program Members); W/F - \$72.00
  - **1 day class:** \$40.00 (Program Members)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aqua Fit</b>	8:30-9:30am		8:30-9:30am		8:30-9:30am
<b>Joint Freedom</b>		10:30-11:30am	10:00-10:45am	10:30-11:30am	10:00-10:45am
<b>Deep Water Workout</b>	6:30-7:30am	9:30-10:30am	6:30-7:30am	9:30-10:30am	
<b>Aqua Zumba</b>				6:15-7:00 pm	

**NEW for Facility Members!**

All Land and Water Classes are now included as a Facility member benefit

Interested in taking additional classes?

Register at the front desk for as many classes as you plan to attend as long as space is available.



## ADULT WATER ACTIVITIES

### GROUP WATER EXERCISE

Come join the exercise classes! Our program offers water exercise routines that are a fun workout. Classes offer all the benefits of working out in the water- cardio workout, easy on your joints and open to all fitness levels. Come try it out!

### Low/Intermediate Level Classes

#### **Aqua Fit**

Moderate level cardio class- building strength and endurance with minimal stress on delicate joints. Some use of equipment for light resistance exercises in this class.

#### **Joint Freedom**

Work all of your joints with strength, flexibility, endurance, and mild cardio exercises. Some use of equipment for light resistance exercises in this class.

### Intermediate/Advanced Level Water Exercise

#### **NEW Aqua Zumba-**

Aqua Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind aquatic fitness program that will step up your exercise routine. Be ready to have fun!

#### **Deep Water Workout**

High intensity workout—core strength, flexibility using a flotation belt. Must be able to swim to side of pool without floatation equipment and comfortable in deep water. Includes 30 minutes of cardio workout.

### TEEN & ADULT AQUATICS

#### **\$ Teen & Adult Swim Lessons- Beginner/Intermediate**

Classes are for non-swimmer through intermediate ability levels. Participants work at their own pace in a peer group setting.

#### **Meets:**

Saturdays, 8:00 – 8:45am; runs March 3 – April 21, 2018.

#### **Spring 1 Fees:**

Saturdays (8 week session):                      Facility Member \$55;                      Program Member \$83

