

# WATER + YMCA = HEALTHY

## YMCA of Vineland Water Exercise Programs

**Fall 2 Session:** October 30 – December 22, 2017 (no class Thursday, November 23)

**Registration Begins:** **Facility Members:** Monday, October 9;

**Program Members:** Monday, October 16

**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)
  - **2 day class:** \$77.00 (Program Members); T/TH - \$72.00

	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	

**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

#### **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 November 4 – December 23, 2017.

#### **Fall 2 Fees:**

Saturdays (8 week session):                      Facility Member \$55;                      Program Member \$82

