



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUA FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45 am	Water Wellness Stacey		Water Wellness Alex		Water Wellness Stacey
9:00 – 10:00 am		Aqua Blast Charmaine			
4/10-5/17 10:30-11:00 am		Ai Chi Kelli \$		Ai Chi Kelli \$	
10:00-11:00 am	Aqua Core-dio Patsy		Aqua Core-dio Patsy		Aqua Core-dio Patsy
11:00-12:00 pm	Deep Water Fit Patsy		Deep Water Fit Patsy		Deep Water Fit Patsy
5:30-6:30 pm	Deep Water Fit Victor	Deep Water Fit Diane	Deep Water Fit Victor		Deep Water Fit Diane
6:00-7:00 pm				Aqua Blast Charmaine	

## Spring/Summer, 2018 Class Descriptions:

**Water Wellness:** This class is a “holistic approach” and combines light to no impact cardio work with muscle toning and stretching. The gentle stretches improve and reduce joint pain, while core strengthening moves improve posture and balance. Swimming skills not required.

**Deep Water Fit:** A deep water class appropriate for swimmers that is designed to provide cardiorespiratory training, muscular strength and endurance and flexibility. Individuals with varying fitness levels can participate. Increases buoyancy for no impact and the increased resistance of movement makes this workout effective. Equipment is used for progression and fun.

**Aqua Core-dio:** A shallow water functional fitness class appropriate for non-swimmers that provides core training and stretching using the buoyancy properties of the water as well as the water’s resistance. The goal of this class is to improve function for daily living and provide some cardiorespiratory training.

**Aqua Blast:** The “Pool Party” workout for all ages, skills, and levels. This fun, energetic workout will keep you constantly moving. It is designed to increase cardio endurance and strength.

**Ai Chi:** This Class is pain-free, relaxing movements, and breathing techniques. Similar to Tai Chi, has been shown to help ease the symptoms of arthritis, COPD, chronic pain, diabetes, fibromyalgia, balance deficits, multiple sclerosis, and other neurological and orthopedic problems.

**NOTE:** Under the discretion of management, the indoor pool will be closed due to inclement weather or other hazardous conditions.

A. C. Lewis YMCA

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