



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS SCHEDULE

C.B. PENNINGTON, JR. YMCA

Water Fitness
schedule begins
Monday, October
31st, 2016

Times and/or
instructors are
subject to change.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:30am-9:30am	Aqua Fit Lisa	Deep Water Lisa	Aqua Fit Lisa	Deep Water Lisa	Aqua Fit Lisa
10:00am-11:00am		Aqua Fit Gray		Aqua Fit Gray	

Please contact
Heather Shaw at
hshaw@ymcabr.org
with any questions.

Aqua Fit: A shallow water fitness class designed to meet the needs of individuals with different fitness levels. This class provides cardio respiratory training, muscular strength and flexibility training through the properties of water and resistance equipment.

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

*Water weights, noodles, and belts will be provided during class
*During scheduled program times, at least one lap lane will be available
**Please direct all questions and concerns to Heather Shaw
at 225-272-9622 or hshaw@ymcabr.org**

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