



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS SCHEDULE

C.B. PENNINGTON, JR. YMCA

Water Fitness
schedule begins
August 14, 2017.

| | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---|---|---|---|---|---|
| Times and/or instructors are subject to change. | 8:30am-9:30am Aqua Fit <i>Lisa</i> | 8:30am-9:30am Deep Water <i>Lisa</i> | 8:30am-9:30am Aqua Fit <i>Lisa</i> | 8:30am-9:30am Deep Water <i>Lisa</i> | 8:30am-9:30am Aqua Fit <i>Lisa</i> |
| | | 10:00am-11:00am Aqua Fit <i>Mischa</i> | | 10:00am-11:00am Aqua Fit <i>Mischa</i> | |

Please contact us
at skelley@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 two lap lanes will be available
**Please direct all questions and concerns by contacting us
at 225-272-9622 or skelley@ymcabr.org**

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