




WATER FITNESS

Effective September 5, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	AQUA FITNESS 9:30- 10:15AM Christina Lap Pool	AQUA FITNESS 9:30- 10:15AM Jenn Lap Pool	**AQUA STRETCH 8:30AM- 9:15AM or 9:30AM- 10:15AM Noreen Warm Water	AQUA FITNESS 9:30- 10:15AM Christina Lap Pool	AQUA FITNESS 9:30- 10:15AM Christina LAP POOL	AQUA ZUMBA 8:00-8:45AM Laura Lap Pool	AQUA ZUMBA 10:00- 10:45AM Tressa Lap Pool
				AQUA Arthri- tis Class 9:45-10:30am Christina Warm Water Pool			
PM		AQUA FITNESS 7:30-8:15PM Christina Warm Water Pool		<i>All of these water fitness classes — except Aqua Arthritis, are included in your membership!</i>			

AQUA ARTHRITIS CLASS

This class uses a gentle range-of-motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of an aquatic environment

***Is a fee based class**

**AQUA STRETCH:

Let the warm water loosen and stretch out your tender muscles; this class is low impact and appropriate for all fitness levels. Let the warm water loosen and stretch out your tender muscles; this class is low impact and appropriate for all fitness levels.

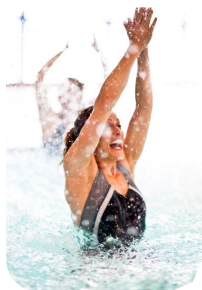
****Registration is required, stop at the front desk or ask the Aquatics Office for more information. Drop In's are welcome.**

AQUA ZUMBA:

Join the Zumba "pool party". This class blends everything into a safe, challenging, water based exercise that is body toning and most of all exhilarating!

AQUA FITNESS:

A combination of cardio and strength conditioning with low impact on your joints. Participation in the class will improve cardiovascular endurance and muscle strength



Indian Valley Family YMCA, 11 Pinney St., Ellington CT ♦ 860-871-0008 ♦ www.ghymca.org

