

ARTHRITIS: This is a non-aerobic water exercise class designed to work each joint through its full range of motion. This class was developed by the Arthritis Foundation in cooperation with the YMCA of the USA (AFYAP).

Days of the week: Monday, Wednesday & Friday	Time: 9:00 AM	Cost: \$15 Members \$36 Potential Members	(2086)
Days of the week: Tuesday & Thursday	Time: 9:00 AM	Cost: \$10 Members \$24 Potential Members	(2087)
Instructor: Rhonda Clark			

POWER COMBO: This class combines deep and shallow water exercises for a total workout. Class space is limited to first ten registrations.

Days of the week: Tuesday & Thursday	Time: 5:00 PM	Cost: \$10 Members \$24 Potential Members	(2089)
Instructor: Dianne Davis			

EARLY BIRDS: This class is for those who like to be up early and enjoy a moderate to high intensity workout. Activities include water walking, abdominal and cardio workouts. It also uses water weights to build strength.

Days of the week: Monday, Wednesday & Friday	Time: 6:00 AM	Cost: \$15 Members \$36 Potential Members	(2080)
Instructor: Diane Summerlin			

SHALLOW POWER: This shallow water fitness class combines water resistance exercises and aerobic activity for a total body workout. Exercise intensity is moderate.

Days of the week: Tuesday & Thursday	Time: 10:15 AM	Cost: \$10 Members \$24 Potential Members	(2088)
Instructor: Rhonda			
Days of the week: Tuesday & Thursday	Time: 6:00 PM	Cost: \$10 Members \$24 Potential Members	
Instructor: Dianne Davis			
Days of the week: Monday, Wednesday & Friday	Time: 7:00 AM	Cost information: \$15 Members \$36 Potential Members	
Instructor: Diane Summerlin			

DEEP WATER: This deep-water total body class is geared to work your cardiovascular system and strengthen your joints and muscles. Moderate to high aerobic workout.

Days of the week: Monday, Wednesday & Friday	Time: 8:00 AM	Cost: \$15 Members \$36 Potential Members	(2084)
Instructor: Rhonda Clark			
Days of the week: Tuesday & Thursday	Time: 8:00 AM	Cost: \$15 Members \$36 Potential Members	
Instructor: Rhonda Clark			

WATER WALKING: This class consists of 30 minutes of walking movements with upper body exercises, and 25 minutes of stretching, range of motion and mobility exercises.

Days of the week: Tuesday & Thursday	Time: 6:00 AM	Cost: \$10 Members \$24 Potential Members	(2081)
Instructor: Diane Summerlin			

TOTAL ACCESS PASS

Access to all of the
Water Fitness Classes!

Members \$25.00 monthly
Non-Members \$40.00 monthly

2010 Session Dates:

July 1 - 30	October 1 - 29
August 2 - 30	November 1 - 30
September 1 - 30	December TBA