

Water fitness classes are paid for in one-month sessions. Payment should be made before the first day of the session to be included in that session's roster. Registration is open for the entire year. We do not pro-rate or refund for missed classes. If the Ragsdale YMCA cancels a class you will be given a voucher for that class.

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 information: \$15 Members \$36 Potential Members (2086)
Days of the week: Tuesday & Thursday	Time: 9:00 AM	Cost information: \$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 information \$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 information: \$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: 10:00 AM	Cost information: \$10 Members \$24 Potential Members (2088)
Instructor: Gina		
Days of the week: Tuesday & Thursday	Time: 6:00 PM	Cost information: \$10 Members \$24 Potential Members (2090)
Instructor: Dianne Davis		
Days of the week: Monday, Wednesday & Friday	Time: 7:00 AM	Cost information: \$15 Members \$36 Potential Members (2082)
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 Information: \$15 Members \$36 Potential Members (2084)
Instructor: Rhonda Clark		
Days of the week: Tuesday & Thursday	Time: 8:00 AM	Cost Information: \$10 Members \$24 Potential Members (2085)
Instructor: Rhonda Clark		
Days of the week: Tuesday & Thursday	Time: 7:00 AM	Cost information: \$10 Members \$24 Potential Members (2083)
Instructor: Diane Summerlin		

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 Information: \$10 Members \$24 Potential Members (2081)
Instructor: Diane Summerlin		

ALL Classes are 55 minutes in length. Please contact Katherine Page, Aquatics Director at (336) 882-9622 ext. 235 or at katherine.page@ymcagreensboro.org if you have any questions regarding our water fitness classes. All registration is taken at the Ragsdale YMCA front desk. (Registration Code: 07AQWF____). **There will be no Water Fitness Classes held on New Years Day, Martin Luther King Day and Memorial Day.**

2010 Session Dates:	
January 4 – 29	April 1 – 30
February 1 – 26	May 3 – 31
March 1 – 31	June 1 – 30