



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Aquatic Group Exercise

2012 Ragsdale Family YMCA

ARTHRITIS: This is a non-aerobic water fitness 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).

Monday, Wednesday & Friday, 9:00 AM Instructor: Rhonda Clark ccc: 07aqwfath9a

Tuesday & Thursday 9:00 AM Instructor: Rhonda Clark ccc: 07aqwfamwf9a

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.

Monday, Wednesday & Friday 8:00 AM Instructor: Rhonda Clark ccc: 07aqwfdwmwf8

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.

Monday, Wednesday & Friday 6:00 AM Instructor: Dianne Summerlin ccc: 07aqwfebwmwf6

POWER COMBO: This class combines deep and shallow water exercises for a total workout. This class is not advised for non-swimmers. Class space is limited to first ten registrations.

Tuesday & Thursday 5:00 PM Instructor: Dianne Davis ccc: 07aqwfpcth5p

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

Tuesday & Thursday 10:00 AM Instructor: Justine ccc: 07aqwfspth10

Monday, Wednesday & Friday 7:00 AM Instructor: Diane Summerlin ccc: 07aqwfspmwf7

Tuesday & Thursday 6:00 PM Instructor: Dianne Davis ccc: 07aqwfspth6p

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.

Tuesday & Thursday 6:00 AM Instructor: Diane Summerlin ccc: 07aqwfwwth6a

M/W/F Classes: Members \$18 Potential Members \$36

T/Th Classes: Members \$12 Potential Members \$24

Total Access Pass (All Water Fitness Classes) \$25 Members Potential Members \$40

ccc: 07aqwfallacc

Classes must have a minimum of 5 participants, if classes do not have 5 participants registered by the 5th of the month the class will be cancelled for the month. Class schedule and instructors subject to change.

Water Fitness classes are sold in monthly sessions. Payment should be made before the 1st of the month and no later than the 5th to be on that month's roster. We do not pro-rate or make up missed classes. Classes are 55 minutes. We take registrations for a month at a time, although you are welcome to purchase as many months in advance as you would like in 2012.

Please bring a towel with you, the Y does not provide pool towels, thanks for helping us to be green.

Water shoes & a water bottle are recommended.