



Water Fitness – Summer 2024 Schedule

July 1 – August 31

Hal Welsh East Area Family YMCA
200 Towne Drive Fayetteville, NY 13066
315-637-2025

Monday

| Time | Class | Instructor | Location |
|--------------------|-------------|------------|---------------|
| 8:30 am – 9:15am | Aqua Blast | Anne | Lap - shallow |
| 9:30 am – 10:15am | Aqua Walk | Anne | Lap - shallow |
| 10:00 am – 10:45am | PiYoChi | Terri | *Therapy |
| 10:30 am – 11:15am | Hydro Run | Bill | Lap - deep |
| 11:00 am – 11:45am | Aqua Flow | Terri | *Therapy |
| 4:00 pm – 4:45pm | Hydro Run | Paula | Lap - deep |
| 6:00 pm – 6:45pm | Aqua Cardio | Anne | Lap - shallow |

Tuesday

| Time | Class | Instructor | Location |
|--------------------|---------------------|---------------------------|--------------------|
| 9:00 am – 9:45am | Aqua Pilates | Suzanne | *Therapy |
| 9:30 am – 10:15am | Deep Water Dynamics | Michele | Lap - deep |
| 10:00 am – 10:45am | Joint Action | Pam/Terri | *Therapy |
| 10:30 am – 11:15am | Aqua Zumba | SandyJo | Lap - shallow |
| 11:00 am – 11:45am | Joint Action | Pam/Terri | *Therapy |
| 5:30 pm – 6:15pm | Aqua Flow | Jonah **New Time** | *Therapy |
| 6:00 pm – 6:45pm | Deep/Shallow Combo | Anne **NEW CLASS** | Lap – deep/shallow |

Wednesday

| Time | Class | Instructor | Location |
|--------------------|--------------------|-------------------------------|--------------------|
| 8:30 am – 9:15am | Aqua Blast | Anne | Lap - shallow |
| 9:00 am- 10:00 am | Aqua Flow (+ Core) | Terri **New Time** | *Therapy |
| 9:30 am – 10:15am | Deep/Shallow Combo | Anne | Lap – deep/shallow |
| 10:30 am – 11:15am | Arthritis | Anne **extended time** | *Therapy |
| 6:00 pm – 6:45pm | Arthritis | Anne | *Therapy |

Thursday

| Time | Class | Instructor | Location |
|--------------------|---------------------|---------------------------|---------------|
| 9:00 am – 9:45am | Aqua Yoga | Margaret | *Therapy |
| 9:30 am – 10:15am | Deep Water Dynamics | Michele | Lap - deep |
| 10:00 am – 10:45am | Joint Action | Terri | *Therapy |
| 10:30 am – 11:15am | Aqua Zumba | SandyJo | Lap - shallow |
| 11:00 am – 11:45am | PiYoChi | Terri | *Therapy |
| 5:30 pm – 6:15pm | Aqua Flow | Jonah **New Time** | *Therapy |

Flip Over!

Updated 6/11/2024

Friday

| Time | Class | Instructor | Location |
|-------------------|--------------|------------|----------|
| 9:00am – 9:45am | Aqua Yoga | Margaret | *Therapy |
| 10:00am – 10:45am | Aqua Pilates | Suzanne | *Therapy |

Classes held in the therapy pool require a wrist band which can be found at the front desk prior to the start of the class – Class sizes are limited

Class Descriptions

Arthritis: A program designed to help relieve the pain and stiffness caused by arthritis and other chronic health issues, focusing on joint movement.

Aqua Blast: Shallow water workout that incorporates cardio, strength, and flexibility in the pool. Moderate to high intensity – while being safe on joints

Aqua Dynamics: A shallow water workout using an athletic style and movements to increase intensity

Aqua Cardio: A shallow water workout using a combination of equipment to keep heart rates up and members moving

Aqua Flow: A combination of gentle fluid movements, balance, and stretching to help you relax and release tension from your busy days.

Aqua Pilates: A Pilates class in the pool! Strength and balance is worked while in the water.

Aqua PiYoChi: Combines Yoga, Pilates, and Tai Chi movements in the warm water focusing on core strength, balance and flexibility

Aqua Yoga: Relax in the warm water and enhance flexibility with gentle yoga poses.

Aqua Walk: A shallow water workout; light cardio with low impact on joints. Water weights along with addition equipment will be used for a full body workout.

Aqua Zumba: Dance in the water to great music, all while getting your heart rate up!

Deep Water Dynamics: A belt will be used for flotation while aqua barbells are used to tone the upper body. This class is easy on the joints and provides a great full body workout.

Deep/Shallow Combo: Using both the deep and shallow ends of the lap pool allows this class to provide a low impact, medium-high intensity workout.

Joint Action: Movements with equipment to ease stiffness caused by arthritis and other chronic health issues.