



the YMCA WATER FITNESS

LIFE-CHANGING MOTIVATE ACTIVITY
DIVERSITY BALANCE & FLEXIBILITY

North Area Family YMCA

4775 Wetzel Rd. Liverpool

315-451-2562

Monday	Class Name	Instructor	Pool Location
9-9:45 AM	Deep Water Dynamics	Mary Ellen Miller	Deep End
6-6:45 PM	Cardio Core	Mary Ellen Miller/ Sandy Mueller	Deep End
Tuesday			
8:00am – 8:45am	Silver and Strong	Debbie Sindone	Shallow End
9:00am - 9:45am	Aqua Power	Amanda Failing	Shallow End
Wednesday			
7:45am-8:30am	Stretch & Tone	Donna Darling	Shallow End
8:45am-9:30am	Deep Waves	Donna Darling	Deep End
9:15-10 AM	Stretch & Tone	Dawn Kemp	Shallow End
10:30-11:15 AM	Hydro Run	Bob Nicholson	Deep End
6:00pm – 6:45pm	Aqua Deep	Jennifer Voglewede	Deep End
Thursday			
8:00am - 8:45pm	Silver and Strong	Debbie Sindone	Shallow End
9:00am – 9:45am	Aqua Fit	Dawn Kemp	Shallow End
9-9:45	Deep Water Dynamics	Mary Ellen Miller	Deep End
9:45am – 10:30am	Variety Water Fitness	Dawn Kemp	Shallow End
Friday			
8:30am – 9:15am	Hydro Run	Bob Nicholson	Deep End
9-9:45 AM	Balance & Pilates	Jennifer Voglewede	Shallow End
10-10:45 AM	Flex & Fit	Jennifer Voglewede	Shallow End
6:00pm – 6:45pm	Cardio Core	Sandy Mueller	Deep End
Saturday			
8:30am – 9:15am	Aqua Deep	Mary Ellen Miller	Deep End

Class descriptions can be found on the back of this schedule.

Revised 10/17/24

Schedule runs until December 28th, 2024

Aqua Fit – This class provides an atmosphere of safe resistance for aerobic conditioning. Perfect for all levels, including pregnant and/or joint sensitive individuals. The class utilizes a variety of aqua equipment to improve strength and conditioning.

Aqua Power – This class uses water resistance to develop muscle tone, flexibility, cardiovascular health and general well-being. Participants will use aqua barbells and noodles to tone and to build strength.

Balance and Pilates – Using the natural effects of water to increase balance and range of motion.

Cardio Core – Build core strength in this medium- intensity aerobic workout. Increase your range of motion and improve muscle tone while improving your cardiovascular health.

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

Deep Waves – This is a high intensity cardio class that will take place in deep water. Water belts are provided.

Flex & Fit - This is a low to moderate intensity class with strengthening and stretching of all muscle groups as the main focus. Movements can be modified to suit all ability levels making this class perfect for all ages.

Silver and Strong – A class for active older adults who wish to improve range of motion, strength, flexibility, balance and coordination. Work at your own pace to achieve a low-medium intensity water workout.

Stretch and Tone – Improve range of motion and strengthen and tone muscles in this shallow end class.

Variety Water Fitness- This class will introduce you to various class types.