



Water Fitness – Winter/ Spring Schedule

September 8 – June 28

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

Monday

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

Tuesday

Time	Class	Instructor	Location
9:00am – 9:45am	Aqua Pilates	Suzanne	*Therapy
9:30am – 10:15am	Deep Water Dynamics	Michele	Lap - deep
10:00am – 10:45am	Joint Action	Pam	*Therapy
11:00am – 11:45am	Joint Action	Pam	*Therapy
6:00pm – 6:45pm	Deep/Shallow Combo	Anne	Lap – deep/shallow

Wednesday

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

Thursday

Time	Class	Instructor	Location
9:00am – 9:45am	Aqua Yoga	Margaret	*Therapy
9:30am – 10:15am	Deep Water Dynamics	Michele	Lap - deep
10:00am – 10:45am	Arthritis	Maggie	*Therapy
11:00am – 11:45am	PiYoChi	Maggie	*Therapy

Flip Over!

Updated 1/3/2025

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.