



Water Exercise Schedule

Somerville YMCA

Created: 5/29/2017

KEY:

| MONDAY | CLASS | LOCATION |
|-------------------|---|-----------------|
| 5:30 AM-8:30 AM | Aqua Jog / Water Walk | Pool (2 lanes) |
| 8:30 AM-9:30 AM | Aqua Exercise | Pool |
| 9:30 AM-10:30 AM | Aqua Exercise | Pool |
| TUESDAY | CLASS | LOCATION |
| 5:30 AM-8:30 AM | Aqua Jog / Water Walk | Pool (2 lanes) |
| 8:30 AM-9:30 AM | Aqua Exercise | Pool |
| 9:30 AM-10:30 AM | Aqua Exercise | Pool |
| 10:30 AM-11:30 AM | Arthritis Foundation Y Aquatics Program | Pool (2 lanes) |
| 6:30 PM-7:30 PM | Aqua Exercise | Pool |
| WEDNESDAY | CLASS | LOCATION |
| 5:30 AM-8:30 AM | Aqua Jog / Water Walk | Pool (2 lanes) |
| 8:30 AM-9:30 AM | Water Pilates | Pool (3 lanes) |
| 9:30 AM-10:30 AM | Deep Water Exercise | Pool |
| 5:30 PM-6:30 PM | Aqua Exercise | Pool |
| THURSDAY | CLASS | LOCATION |
| 5:30 AM-8:30 AM | Aqua Jog / Water Walk | Pool (2 lanes) |
| 8:30 AM-9:30 AM | Aqua Exercise | Pool |
| 9:30 AM-10:30 AM | Aqua Exercise | Pool |
| 10:30 AM-11:30 AM | Arthritis Foundation Y Aquatics Program | Pool (2 lanes) |
| FRIDAY | CLASS | LOCATION |
| 5:30 AM-8:30 AM | Aqua Jog / Water Walk | Pool (2 lanes) |
| 8:30 AM-9:30 AM | Water Pilates | Pool (3 lanes) |
| 9:30 AM-10:30 AM | Deep Water Exercise | Pool |
| SUNDAY | CLASS | LOCATION |
| 9:30 AM-10:30 AM | Aqua Jog / Water Walk | Pool (2 lanes) |

CLASS DESCRIPTIONS

AQUA EXERCISE

A wide variety of exercises developed specifically for the water. Great for cardio vascular flow and development of the muscular system. Appropriate for swimmers and non-swimmers.

AQUA JOG / WATER WALK

Aqua Jog / Water Walk is for members to exercise on their own.

ARTHRITIS FOUNDATION Y AQUATICS PROGRAM

Involves specific movements related to the joints and surrounding muscles affected by arthritis. Helps to maintain normal joint movement, relieves stiffness and can help restore flexibility and movement.

DEEP WATER EXERCISE

A no impact water exercise program using an aqua belt to assist buoyancy and balance. Great for toning the body, working the cardio vascular system and building endurance.

WATER PILATES

Pilates, creatively adapted to the water, develops strength, flexibility and improves posture. Helps build a stronger body with fluidity and grace.