



# Water Exercise Schedule

## Somerville YMCA

Created: 5/26/2018

**KEY:**

<b>MONDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
5:00 AM-12:00 AM	Aqua Jog / Water Walk	Pool (1 lane)
8:30 AM-9:30 AM	Aqua Exercise	Pool (3 lanes)
9:30 AM-10:30 AM	Aqua Exercise	Pool (3 lanes)
<b>TUESDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
8:30 AM-9:30 AM	Aqua Yoga <i>NEW CLASS!</i>	Pool (2 lanes)
9:30 AM-11:30 AM	Aqua Jog / Water Walk	Pool (3 lanes)
5:30 PM-6:30 PM	Aqua Exercise	Pool (2 lanes)
6:30 PM-7:30 PM	Aqua Exercise	Pool (2 lanes)
<b>WEDNESDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
8:30 AM-9:30 AM	Aqua Exercise	Pool (3 lanes)
9:30 AM-10:30 AM	Deep Water Exercise	Pool (3 lanes)
<b>THURSDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
<b>FRIDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
8:30 AM-11:30 AM	Aqua Jog / Water Walk	Pool (3 lanes)
<b>SATURDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
7:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
<b>SUNDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
9:00 AM-10:30 AM	Aqua Jog / Water Walk	Pool (1 lane)

## **CLASS DESCRIPTIONS**

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### **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.

### **AQUA YOGA**

Aqua Yoga takes the principles and movements of Yoga and adapts them to the thermal water environment. It utilizes the beneficial cycle between the mind, the body and the emotions. Aqua Yoga strengthens and tones the body while relieving tensions and renewing energy. By using rhythm of the breath an inner sense of relaxation can be achieved.

### **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.