



Water Exercise Schedule

Somerville YMCA

Created: 11/20/2017

KEY:

MONDAY	CLASS	LOCATION
5:30 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
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 (1 lane)
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 (1 lane)
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 (1 lane)
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 (1 lane)
8:30 AM-9:30 AM	Water Pilates	Pool (3 lanes)
9:30 AM-10:30 AM	Deep Water Exercise	Pool
SATURDAY	CLASS	LOCATION
7:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)

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.