



# Water Exercise Schedule

## Somerset Hills YMCA-Mt. Airy

Created: 5/20/2019

Instructor is subject to change. Participants may not be allowed to join the class after the first 10 minutes. Participants are asked to leave the pool once their class is complete. Please register at the Welcome Center for all classes you take. This will put you on our email notification list.

**KEY:** ♥ Beginner ♥♥ Intermediate

<b>MONDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
8:30 AM-9:15 AM	♥♥ Aqua Dance	Engelhard (Warmer)
9:30 AM-10:30 AM	♥ Arthritis	Engelhard (Warmer)
12:00 PM-1:00 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer)
8:00 PM-8:45 PM	♥♥ Just Running	Engelhard (Warmer)
<b>TUESDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
8:30 AM-9:15 AM	♥♥ Water Exercise	Engelhard (Warmer)
9:30 AM-10:15 AM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer)
12:00 PM-1:00 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer)
8:00 PM-8:45 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer)
<b>WEDNESDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
8:30 AM-9:15 AM	Deep Water Tabata	Engelhard (Warmer)
9:30 AM-10:30 AM	♥ Arthritis	Engelhard (Warmer)
12:00 PM-1:00 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer)
8:00 PM-8:45 PM	Deep Water Tabata	Engelhard (Warmer)
<b>THURSDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
8:30 AM-9:15 AM	♥♥ Aqua Dance	Engelhard (Warmer)
9:30 AM-10:15 AM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer)
12:00 PM-1:00 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer)
7:45 PM-8:30 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer)
<b>FRIDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
8:30 AM-9:15 AM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer)
9:30 AM-10:30 AM	♥ Arthritis	Engelhard (Warmer)
12:00 PM-1:00 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer)
7:00 PM-7:45 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer)
<b>SUNDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
12:00 PM-1:00 PM	♥♥ W.E.T. Water Exercise Together	Engelhard (Warmer)
1:00 PM-2:00 PM	♥ Arthritis	Engelhard (Warmer)

## **CLASS DESCRIPTIONS**

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### **AQUA DANCE**

Enjoy the dance moves of land Zumba in the water

### **ARTHRITIS**

Level Low to Moderate; Gentle water workout designed to improve balance, flexibility and range of motion.

### **DEEP WATER TABATA**

This high-intensity interval training format consists of 20 seconds of all-out, intense work followed by 10 seconds of moderate intensity. Effective for time-crunched members whose goals are weight loss and performance enhancement. Deep-water exercise is a great non impact fitness experience that includes full body movements. Aqua shoes are required for last 15 minutes. Hair will get wet.

### **JUST RUNNING**

Strenuous class without belts. Weights are used.

### **W.E.T. WATER EXERCISE TOGETHER**

Level Moderate to Intermediate; Less intense workout. Ideal for participants returning to exercise, rehab, pre- and post-natal, YMCA Active Older Adult Program.

### **WATER EXERCISE**

Level Intermediate to Advanced