

Water Fitness

St. Cloud Area Family YMCA | For Youth Development | For Healthy Living | For Social Responsibility | 320.253.2664 | www.scymca.org

THE THOUSE ALOUE I CHILLY I	men 101 100m 5010	topment For nearmy	and I to to that was	pondibility OZOIZOOIZ	00 1 mmm.st/mmm.org
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am Deep		6:00-7:00am Deep		6:00-7:00am Deep	
Water Fitness Large		Water Fitness Large		Water Fitness Large	
Pool		Pool		Pool	
					8:00-9:00am Water
8:30-9:30am Agua		8:30-9:30am Aqua		8:30-9:30am Aqua	Aerobics Large Pool
Aerobics Large Pool		Aerobics Large Pool		Aerobics Large Pool	Actobics Edige 1 001
		rierosies zarge i cor		Acrobics Edige 1 ooi	8:00-8:55am Yoga
9:30-10:30am MS		9:30-10:30am MS		9:30-10:30am MS	Small Pool
Exercise Large Pool		Exercise Large Pool		Exercise Large Pool	
10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	
Artritis Exercise	Seniors in Motion	Artritis Exercise			
Small Pool	Small Pool		Seniors in Motion	Artritis Exercise	
10:30-11:30am	Small Pool	Small Pool 10:30-11:30am	Small Pool	Small Pool 10:30-11:30am	
Bodies in Motion		Bodies in Motion		Bodies in Motion	
				1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
Large Pool		Large Pool		Large Pool	
	F-20 C-20 D		500600		
	5:30-6:30pm Deep		5:30-6:30pm Deep		
	Water Large Pool		Water Large Pool		
6:30-7:30pm Joints			6:30-7:30pm Joints		
in Motion Small	1		in Motion Small		
Pool			Pool		

<u>Deep Water Fitness-</u> A fun, total body workout in the large pool using a floatation device in deep water.

This class will enhance your endurance as well as improve overall strength and muscle tone.

<u>Seniors in Motion-</u> A great, impact free total body wourkout in the shallow end of the small pool. This workout is designed to strengthen and tone your entire body, in the warm water.

<u>Aqua Aerobics-</u> This class is for our members who want to stay active as well as improve cardiovascular fitness and muscle tone.

<u>Arthritis Exercise-</u> The warm water of the small pool helps to relax tight muscles and joints, while the exercises strengthen and stretch your whole body.

<u>MS Exercise-</u> Designed specifically for those with Multiple Sclerosis, this class aids in improving range of motion while increasing strenth and endurance.

<u>Joints in Motion-</u> The warm water of the small pool is idealfor persons with arthritis, joint or muscle discomfort. Joint thes impact free, comfortable class to increase your flexibility and overall fitness.

<u>Water Aerobics</u>- Primarily Deep Water Aerobics. A tough cardio workout that is guaranteed to burn fat and tone.