



Water Fitness

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am Deep Water Fitness Large Pool		6:00-7:00am Deep Water Fitness Large Pool		6:00-7:00am Deep Water Fitness Large Pool	
8:30-9:30am Aqua Aerobics Large Pool		8:30-9:30am Aqua Aerobics Large Pool		8:30-9:30am Aqua Aerobics Large Pool	8:00-9:00am Water Aerobics Large Pool
9:30-10:30am MS Exercise Large Pool		9:30-10:30am MS Exercise Large Pool		9:30-10:30am MS Exercise Large Pool	8:00-8:55am Yoga Small Pool
10:00-11:00am Arthritis Exercise Small Pool	10:00-11:00am Seniors in Motion Small Pool	10:00-11:00am Arthritis Exercise Small Pool	10:00-11:00am Seniors in Motion Small Pool	10:00-11:00am Arthritis Exercise Small Pool	
10:30-11:30am Bodies in Motion Large Pool		10:30-11:30am Bodies in Motion Large Pool		10:30-11:30am Bodies in Motion Large Pool	
	5:30-6:30pm Deep Water Large Pool		5:30-6:30pm Deep Water Large Pool		
6:30-7:30pm Joints in Motion Small Pool			6:30-7:30pm Joints in Motion Small Pool		

Deep Water Fitness- 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.

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

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

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

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

Joints in Motion- The warm water of the small pool is ideal for persons with arthritis, joint or muscle discomfort. Join this impact free, comfortable class to increase your flexibility and overall fitness.

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