



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Central Aqua Fitness

Central YMCA

April 3rd - August 31st

1213 W Civic Center Dr
Traverse City, MI 49684
(231) 933-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
9am	Aqua Fit Lap Pool: Low Impact Judith B. 9am - 10am	Aqua Resistance Lap Pool: Shallow End Linda L. 9am - 10am	Aqua Fit Lap Pool: Low Impact Judith B. 9am - 10am	Aqua Resistance Lap Pool: Shallow End Kay R. 9am - 10am	Aqua Fit Lap Pool: Low Impact Kay R. 9am - 10am		
	Deep Water Fit Lap Pool: Deep End Linda L. 9am - 10am		Deep Water Fit Lap Pool: Deep End Linda L. 9am - 10am		Deep Water Fit Lap Pool: Deep End Judith B. 9am - 10am		
10am		Deep Water Run Lap Pool: Deep End Rebecca V. 10am - 11am		Deep Water Run Lap Pool: Deep End Rebecca V. 10am - 11am			
11am	Aqua Flex Lap Pool: Low Impact Cynthia H. 11am - 12pm	Aqua Flex Lap Pool: Low Impact Cynthia H. 11am - 12pm	Aqua Flex Lap Pool: Low Impact Cynthia H. 11am - 12pm	Aqua Flex Lap Pool: Low Impact Cynthia H. 11am - 12pm			
	Deep Water Variety Lap Pool: Deep End Stephanie C. 11am - 12pm	Deep Water Variety Lap Pool: Deep End Stephanie C. 11am - 12pm	Deep Water Variety Lap Pool: Deep End Stephanie C. 11am - 12pm	Deep Water Variety Lap Pool: Deep End Stephanie C. 11am - 12pm			
7pm	Cardio Splash Lap Pool: Shallow End Diane C. 7pm - 7:45pm		Cardio Splash Lap Pool: Shallow End Diane C. 7pm - 7:45pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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Class Descriptions

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Aqua Fit - Experience the benefits of water exercise. Improve strength, flexibility, endurance, range of motion and agility. A great variety of cardio and toning exercises utilizing various aquatic equipment.

Aqua Flex - This mind body connection class focuses on balance, core strength, flexibility, and relaxation. Good class for people with arthritis, fibromyalgia or joint replacement. Perfect for beginning and intermediate fitness levels.

Aqua Resistance - By using the water as resistance, this shallow water workout helps build the body's strength and balance. Open to all fitness levels.

Cardio Splash - A high energy class that will give you an overall cardio and strength workout, while helping to improve balance and coordination. Join us for a one-of-a-kind workout that's so fun you won't know the time is passing! For all levels.

Deep Water Fit - A challenging deep water workout using water resistance to build your body's core. Open to all fitness levels.

Deep Water Variety - This deep water workout has a variety of different moves to work on strength, flexibility and cardio. Open to all fitness levels.