



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

West Aqua Fitness Classes

West YMCA

April 3rd - August 31st

3700 Silver Lake Rd.
Traverse City, MI 49684
(231) 486-6357

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Splash & Tone Family Pool: Aqua Fitness Laura H. 8am - 9am		Splash & Tone Family Pool: Aqua Fitness Laura H. 8am - 9am		Splash & Tone Family Pool: Aqua Fitness Laura H. 8am - 9am		
9am	Aqua Fit Family Pool: Low Impact Laura H. 9am - 9:30am		Aqua Fit Family Pool: Low Impact Laura H. 9am - 9:30am		Aqua Fit Family Pool: Low Impact Laura H. 9am - 9:30am		
	Aqua Flex Family Pool: Low Impact Laura H. 9:30am - 10am		Aqua Flex Family Pool: Low Impact Laura H. 9:30am - 10am		Aqua Flex Family Pool: Low Impact Laura H. 9:30am - 10am		
10am		Aqua Core Family Pool: Aqua Fitness Shantelle N. 10am - 11am		Aqua Core Family Pool: Aqua Fitness Shantelle N. 10am - 11am			
11am	Water Warrior Intermediate Family Pool: Aqua Fitness Katherine B. 11:30am - 12:15pm	Water Walking Family Pool: Low Impact Shantelle N. 11am - 12pm	Water Warrior Intermediate Family Pool: Aqua Fitness Katherine B. 11:30am - 12:15pm	Water Walking Family Pool: Low Impact Shantelle N. 11am - 12pm	Water Warrior Intermediate Family Pool: Aqua Fitness Katherine B. 11:30am - 12:15pm		
12pm	Water Warrior Advanced Family Pool: Aqua Fitness Katherine B. 12:15pm - 1pm		Water Warrior Advanced Family Pool: Aqua Fitness Katherine B. 12:15pm - 1pm		Water Warrior Advanced Family Pool: Aqua Fitness Katherine B. 12:15pm - 1pm		
5pm		Deep Water Fit Lap Pool: Deep End Julia V. 5pm - 5:45pm		Deep Water Fit Lap Pool: Deep End Julia V. 5pm - 5:45pm			
6pm		Deep Water Fit Lap Pool: Deep End Julia V. 6pm - 6:45pm		Deep Water Fit Lap Pool: Deep End Julia V. 6pm - 6:45pm			
7pm	Cardio Splash Family Pool: Aqua Fitness Shantelle N. 7pm - 8pm		Cardio Splash Family Pool: Aqua Fitness Shantelle N. 7pm - 8pm				

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 Core - Using dynamic stabilization, this class enhances core strength while offering a challenging aerobic workout. Swimming skills are not necessary for this class.

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.

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.

Splash & Tone - This faster paced class will improve strength, flexibility, endurance, range of motion and agility. Fun cardio and effective toning utilizing a variety of aquatic equipment. Intensity and impact can be varied on an individual basis.

Water Walking - A great class for novice and seasoned exercisers, as well as those with joint problems or other physical limitations. Take advantage of the unique properties of water with resistance and buoyancy to get a great workout. Come join the fun!

Water Warrior Advanced - This is fast paced water boot camp. Low impact but getting the heart rate up! It will combine strength training and aerobic conditioning with water resistance to give you an awesome overall body workout.

Water Warrior Intermediate - This is fast paced water boot camp. Low impact but getting the heart rate up! It will combine strength training and aerobic conditioning with water resistance to give you an awesome overall body workout.