



GROUP WATER EXERCISE

LAKELAND FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM AQUA FIT	8:00AM AQUA MOTION	8:00AM AQUA FIT	8:00AM AQUA MOTION	8:00AM AQUA FIT
8:00AM AQUA BOOT CAMP	9:00AM ADVANCED BOOT CAMP	8:00AM AQUA BOOT CAMP	9:00AM ADVANCED BOOT CAMP	9:00AM AQUA FIT
9:00AM AQUA FIT		9:00AM AQUA FIT		9:00AM ARTHRITIS
9:00AM AQUA BOOT CAMP		9:00AM AQUA BOOT CAMP		10:00AM SILVER SNEAKERS
9:00AM ARTHRITIS		9:00AM ARTHRITIS		10:00AM ARTHRITIS
10:00AM SILVER SNEAKERS		10:00AM SILVER SNEAKERS		
10:00AM ARTHRITIS		10:00AM ARTHRITIS		



CLASS INFORMATION

- › Bring a towel from home
- › Return all equipment to its storage location after class
- › Classes are for ages 13+ unless otherwise indicated
- › Classes range from low impact, moderate impact, to high impact
- › Please note that within each class the impact and intensity have a range from low-high as well, & will be demonstrated by the instructor
- › Classes, times, and instructors are subject to change without notice
- › Arthritis Classes do not have online registration, this class is a paid program & will need to call or see the front desk to sign up

CLASS DESCRIPTIONS

ARTHRITIS CLASS: A special class designed for those with arthritis that provides a gentle range of motion, taught in our heated pool. This class is approved by the Arthritis Foundation.

COST: \$30 Members | \$60 Non-Members

SILVER SNEAKERS SPLASH: Water conditioning with older participant's needs in mind, includes stretching and a low to mid intensity workout.

AQUA FIT: The class uses the water's natural resistance for increasing muscular strength, endurance, flexibility, & cardiovascular efficiency with reduced stress on the joints. This class is for all fitness levels.

AQUA BOOT CAMP: Performed in deep water, cardio workout containing high intensity circuits, deep water exercises and toning with added various workout/swimming equipment. (Must be able to swim 25 yards)\

AQUA MOTION: This class is a level up from Aqua Fit. This class uses the water's resistance to ensure a great cardio and strength training workout. This class runs from November-April.

ADVANCED BOOT CAMP: This class is a level up from Aqua Boot Camp. Performed in deep water, cardio workout containing high intensity circuits, that develops endurance and strength. (Must be able to swim 50 yards). This class runs from November-April.