



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FALL 1 2017 - Parkwood Adult Water Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00 AM</b>	Water Aerobic	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics
<b>10:00AM</b>	Stretch & Tone	Arthritis Aquatics	Stretch & Tone	Arthritis Aquatics	Stretch & Tone
<b>10:45AM</b>	Water Aerobics & Tone		Water Aerobics & Tone		Water Aerobics & Tone
<b>7:45 PM</b>	Water Aerobics		Water Aerobics		

**All Classes are FREE to Members**  
**Classes Begin on Tuesday, September 4.**

**Class descriptions on opposite side**



# **AQUATIC CLASS DESCRIPTIONS**

## **FREE to Members**

### **⇒ Water Aerobics Mon-Fri 9:00-9:55am**

**All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves make for a great total body workout in the water! Beginner - Advanced.**

### **⇒ Arthritis Aquatics Tues & Thurs 10:00-10:55am**

**A water based exercise program specially designed by the Arthritis Foundation and the YMCA to help people with arthritis reduce pain and inflammation, increase mobility, and have fun! Beginner -Advanced.**

### **⇒ Stretch & Tone M-W-F 10:00-10:40am**

**A class that will work on toning and stretching all areas of the body. Great for people who need the water resistance to strengthen muscles and joints.**

### **⇒ Water Aerobics & Tone M-W-F 10:45-11:30am**

**Great for those who want both Aerobics and toning all in one.**

### **⇒ Water Aerobics M-W 7:45- 8:30pm**

**All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves make for a great total body workout in the water. Beginner - Advanced.**