



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parkwood Adult Water Exercise FALL I I

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	Water Aerobic	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	
10:00AM	Stretch & Tone	Arthritis Aquatics	Stretch & Tone	Arthritis Aquatics	Stretch & Tone	
10:45AM	Water Aerobics & Tone		Water Aerobics & Tone		Water Aerobics & Tone	
7:00 PM			Adult Swim Instruction			
7:45 PM	Water Aerobics		Water Aerobics			

⇒ **All Classes are Free to Members**

⇒ **New Classes begin the week of October 22nd**

***Class Descriptions Located on Back of Schedule**

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.