



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JANUARY-MAY 2024 | WATER AEROBICS SCHEDULE

|           |               |                          |                   |
|-----------|---------------|--------------------------|-------------------|
| Monday    | 8:05-8:50am   | Aqua Conditioning        | Lindsay S.        |
|           | 11:15-12:15pm | Aqua Conditioning        | Lisa D.           |
|           | 6:50-7:30pm   | Aqua Fit<br>(starts 4/8) | Shawn C.          |
| Tuesday   | 8:05-8:50am   | Aqua Conditioning        | Lindsay S.        |
|           | 11:00-11:45am | Aqua Conditioning        | Shawn C.          |
|           | 7:15-8:15pm   | Aqua Conditioning        | Lisa D.           |
| Wednesday | 8:15-9:00am   | Aqua Board Yoga*         | Sandra M.         |
|           | 11:15-12:15pm | Aqua Conditioning        | Lisa D.           |
|           | 6:45-7:45pm   | Aqua Conditioning        | Lisa D./ Kelly A. |
| Thursday  | 8:05-8:50am   | Aqua Conditioning        | Lindsay S.        |
|           | 11:00-11:45am | Aqua Aerobics—Shallow    | Niki B.           |
|           | 7:15-8:15pm   | Aqua Conditioning        | Lisa D.           |
| Friday    | 11:00-11:45am | Water Wellness           | Niki B.           |
| Saturday  | 8:05-8:50am   | Aqua Conditioning        | Sarah S.          |
|           | 9:00-9:50am   | Aqua Dance               | Sarah S.          |

**\*Aqua Board Classes have a maximum capacity of 10 participants. Please stop by the front desk to get a ticket for class up to 30 minutes prior to start time.**



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## WATER AEROBICS CLASS CANCELATIONS

### YMCA HOLIDAY HOURS

|                              |         |
|------------------------------|---------|
| NEW YEARS DAY.....           | CLOSED  |
| GOOD FRIDAY.....             | CLOSED  |
| EASTER.....                  | CLOSED  |
| MEMORIAL DAY.....            | CLOSED  |
| JULY 4TH .....               | CLOSED  |
| LABOR DAY.....               | CLOSED  |
| DAY BEFORE THANKSGIVING..... | 5AM-4PM |
| THANKSGIVING.....            | CLOSED  |
| BLACK FRIDAY.....            | 8AM-9PM |
| CHRISTMAS EVE.....           | CLOSED  |
| CHRISTMAS DAY.....           | CLOSED  |
| NEW YEAR'S EVE.....          | 5AM-2PM |



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## WATER AEROBICS GROUP DESCRIPTIONS

**Aqua Aerobics—Shallow** this water aerobics class is a compilation of warm-up, cardio, muscular strengthening with bells, balancing, and stretching. This class will help to increase stamina and strength. It is a mild to high impact class, but is designed for all levels of participation. Participants can work at their own level with ease. This is a good class for all ages. **Levels 1-3**

**Water Aerobics – Deep** This class is designed to increase the heart rate and condition the whole body. It combines cardiovascular and muscular endurance, strength and core abdominal work utilizing the deep end of the pool. **Levels 1-3**

**Aqua Board Yoga:** A fun workout that combines the elements of yoga and aqua board together. During this class you will execute your favorite yoga poses on the aqua board, approaching the practice with beginner's mindset as you introduce new challenges to your yoga routine. You will engage muscles through focused movement that you may neglect during your yoga practice on the mat. This class is the perfect way to build core strength, coordination, endurance and balance. **Level 1-3**

**Aqua Conditioning:** This aqua class will incorporate high level cardio with strength training. Constant movement in the water burn calories and shape the body. Working against the drag of the water and using various aquatic equipment will help improve strength, definition and endurance. **Levels 1-3**

**Aqua Dance:** This water class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is minimal impact on your joints so you can really let loose. This pool party you don't want to miss! **Levels 1-3**

**Water Exercise:** This class will incorporate all of our class techniques for a well-rounded experience. Classes will be taught by a rotating group of instructors each week. **Levels 1-3**

**Water Wellness:** Become acquainted with water walking and exercising in the pool. Reduced stress on joints will allow you to tone and strengthen while increasing your range of motion. We will focus on movements to improve coordination and balance. **Levels 1-3**

**Aqua Fit:** This cardio/strength aqua class will help with increased energy., balance, range of motion, and all types of other health benefits. Be ready for a comprehensive class that engages your whole body. **Levels 1-3**

**Level 1 Beginner, Level 2 Intermediate, Level 3 Advanced**

**UPPER PALMETTO YMCA—CSD Community YMCA**  
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