

Water Exercise Schedule

Greater Palm Harbor Branch
 1600 16th Street, Palm Harbor, FL 34683
 727-787-9622 (YMCA)
www.ymcasuncoast.org

Updated November 20, 2007

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 am						
9:30-10:30 am	Water FIT (Carole)		Hydro-Strength (Annie)		Water FIT (Fran)	
10:00-11:00 am		Deep Water FIT (Maureen)		Deep Water FIT (Maureen)		
10:30 - 11:30 am	GOLDEN WAVES (Nancy)		GOLDEN WAVES (Nancy)		Hydro-Strength (Fran)	
11:00-Noon		SWIMMING DRAGONS I (George)		SWIMMING DRAGONS I (George)		SWIMMING DRAGONS I (George)
Noon-12:30 pm						SWIMMING DRAGONS II (George)
7:00-8:00 pm		Deep Water FIT (Carole)		Deep Water FIT (Carole)		
7:30-8:15 pm	SWIMMING DRAGONS I (George)		SWIMMING DRAGONS I (George)			
8:20-8:40 pm	SWIMMING DRAGONS II (George)		SWIMMING DRAGONS II (George)			

To put Christian principles into practice through programs that build a healthy spirit mind and body for all.

Get Active . . . Live Well



Water Exercise Class Descriptions:

Water FIT- this is a moderate to higher intensity cardiovascular workout that is designed to tone muscles and improves overall health and physical well being. All fitness levels and abilities welcome.

Deep Water FIT- this workout is similar to Water Fit but without the pool bottom. This can be a moderate to high intensity workout sure to give you a great aerobic workout while at the same time toning muscles. All fitness and abilities welcome.

Golden Waves- It is designed to improve flexibility, range of motion, motor skills and incorporates aqua jogging/walking to increase cardiovascular fitness. It is a lower intensity class, perfect for an arthritic individual or someone looking for a lower impact class. This class is typically held in the family pool. However during the winter the class will be held in the competition pool while out family pool is closed for the winter.

Hydro Strength-this class focuses on building lean muscle tissue using water barbells, noodles and resistance of the water without the impact! All levels welcome.

Hydro Circuit- this class will use circuit training with the aqua step, fans, noodles, water barbells and intervals to promote lean muscle tissue, cardiovascular health and endurance. Loads of fun and for all fitness levels.

Swimming Dragons I- this popular class is one that everyone must try.

It is lower impact and combines marital arts and Tai Chi moves in the water to strengthen muscle, improve balance, flexibility and stability. You will leave this class feeling clear with an overall feeling of well being.

Swimming Dragons II-Uses the basics learned in Swimming Dragons and take it to the next level. Previous attendance in Swimming Dragons recommended.

Summer Waves- begins June 4th. This class runs through the summer months as an additional water exercise option. This class ranges from low-high intensity moves with lots of option. It incorporates all modes of equipment guaranteed to keep your workout exciting and challenging.

Deep Water Challenge- varying formats used in the deep water to create a fantastic workout leaving you energized and ready to start you day. This class meets in the Diving well.

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