



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## STATESVILLE FAMILY YMCA SEPTEMBER 2023 WATER FITNESS CLASS SCHEDULE

### Mondays

START	END	CLASS	LOCATION	INSTRUCTOR
9:15 AM	10 AM	Aqua Energizers	Main Pool	Joan
10:00 AM	10:45 AM	Joints in Motion	Small Pool	Jocelyn
11:00 AM	11:45 AM	Strength and Stretch	Main Pool	Pat

### Tuesdays

START	END	CLASS	LOCATION	INSTRUCTOR
10:00AM	10:45AM	Water Recovery Shallow	Small Pool	Jocelyn
4:00 PM	5:00 PM	Aquafit Shallow Water	Main Pool	Christa

### Wednesdays

START	END	CLASS	LOCATION	INSTRUCTOR
9:15 AM	10 AM	Aqua Energizers	Main Pool	Joan
10:00 AM	10:45 AM	Joints in Motion	Small Pool	Jocelyn
11:00 AM	11:45 AM	Strength and Stretch	Main Pool	Joan

### Thursdays

START	END	CLASS	LOCATION	INSTRUCTOR
10:00AM	10:45AM	Water Recovery Shallow	Small Pool	Jocelyn
4:00PM	5:00PM	Aquafit Shallow Water	Main Pool	Christa

### Fridays

START	END	CLASS	LOCATION	INSTRUCTOR
10:00 AM	10:45 AM	Joints in Motion	Small Pool	Pat
11:00 AM	11:45 AM	Strength and Stretch	Main Pool	Pat

#### STATESVILLE FAMILY YMCA

828 Wesley Drive, Statesville NC 28677

P 704 873 9622 F 704 871 9160 [www.statesvillemca.org](http://www.statesvillemca.org) A United Way Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body."



## STATESVILLE FAMILY YMCA SEPTEMBER 2023 WATER FITNESS CLASS SCHEDULE

### Class Descriptions

**Aquafit Energizers** – Mondays & Wednesdays 9:15 – 10am- Cardiovascular fitness is increased through interval workouts using adaptations of jogging, bicycling, kicking, swimming, & jumping jacks. Muscle strength & flexibility is increased through resistance exercises using kickboards, noodles, & hand weights. Level 3

**Strength & Stretch** – Mondays, Wednesdays, & Fridays 11:00-11:45 am- These are active classes that work on core stability, toning, strengthening and cardio exercises in the Main Pool. Some music may be involved. Level 3

**Recovery Shallow** – Tuesdays & Thursdays 10:00-10:45am - The class is designed to improve activities of daily living. Organized in the small pool with aquatic exercise steps and noodles. Level 1

**Joints in Motion** – Mondays, Wednesdays, & Fridays 10:00-10:45 am – Working on improving range of motion, balance, and walking with resistance. If you are having hard time walking or exercise on land, this may help you get started on getting back in shape. Level 2

**Aquatfit-Shallow Water** – Tuesdays & Thursdays 11:00am – 12:00pm – This is a low impact exercise program. It's designed to give you an aerobic workout while developing your muscle tone & endurance. This program features strengthening and stretching exercises through: warm-up, range of motion, flexibility, functional muscle conditioning, muscle strengthening and toning activities. Level 4

#### STATESVILLE FAMILY YMCA

828 Wesley Drive, Statesville NC 28677

P 704 873 9622 F 704 871 9160 [www.statesvilleyymca.org](http://www.statesvilleyymca.org) A United Way Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body."