

# Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Water Aerobics Class Schedule

September / October 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.	Shallow Water Nancy	Deep Water Patti	Shallow Water Alice	Deep Water Keri	Shallow Water Patti	
10:30 a.m.						Shallow Water Kathy
5:45 p.m.	Shallow Water Vivian		Shallow Water Patti			

**Water Aerobics** consists of large rhythmic movements done in water to increase heart rate and improve cardiovascular fitness. The resistance of the water adds toning and strengthening to major muscles groups. No swimming skills are required. Bring water and sun protection.

- **Shallow Water Classes** are done in water about chest level. While the water decreases impact to the joints, there is bouncing and jumping in the class.
- **Deep Water Classes** are done in deep water where feet will not touch the bottom. Floating devices such as "noodles" are used for flotation assistance. While the water provides resistance for toning muscles, there is no impact from bouncing or jumping.

**Greater Naples YMCA**  
5450 YMCA Rd | Naples, FL 34109  
Telephone: (239) 597-3148  
Fax: (239) 597-8415

[www.ymcapalms.org](http://www.ymcapalms.org)



*YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.*