

# WATER EXERCISE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING CLASSES</b>					
7:30 a.m.	(Pattie) Water Works		(Pattie) Water Works		(Pattie) Water Works
8:30 a.m.	(Diane) Water Works		(Diane) Water Works		(Diane) Water Works
8:30 a.m.	(Mittie) Deep Water Exercise		(Mittie) Deep Water Exercise		(Mittie) Deep Water Exercise
9:30 a.m.	(Mittie) Adaptive Exercise		(Mittie) Adaptive Exercise		(Mittie) Adaptive Exercise
9:30 a.m.		(Field) "Twinges in the Hinges" (arthritis class)		(Field) "Twinges in the Hinges" (arthritis class)	
10:30 a.m.	(Mittie) Yoqua		(Mittie) Yoqua		(Mittie) Yoqua

<b>EVENING CLASSES</b>					
5:45pm.		(Mara) Water Works		(Mara) Water Works	

Children ages 10-12 must be accompanied by an adult. Children under 10 may not participate.

**Adaptive Exercise**

Shallow water, no swimming skills required. Focus is on range of motion, flexibility and strength. A short cardiovascular segment is included.

**Deep Water Exercise**

More intense form of exercise, done with or without floatation (without of course is more physically demanding). Held in the in the deep end of the lap pool, you are suspended either by your own exertion or with help from a water belt.

**Twinges in the Hinges (Arthritis Class)**

Shallow water, no swimming skills required. Focus is on improving mobility and easing the discomfort of arthritis pain.

**Water Works**

Shallow water, no swimming skills required. Focus is on cardiovascular fitness and muscular strength and endurance. Equipment is used to vary workouts and add resistance.

**Yoqua**

Water stretching exercises designed to maintain spinal alignment and develop breathing and relaxation techniques.

*Water fitness classes are for everyone! Classes can be adapted for anyone regardless of age, gender, or level of fitness. Participants are encouraged to work at their own pace. Use of equipment is optional and swimming skills are not required.*

**Members – No charge      Non-Members – \$50 Facility Use Punch Card**



**FRANKLIN COUNTY FAMILY YMCA**

235 Technology Drive P.O. Box 720  
Rocky Mount, VA 24151  
540.489.YMCA (9622)  
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**SMITH MOUNTAIN LAKE YMCA**

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Our YMCA is a  
United Way  
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