

WATER EXERCISE

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING CLASSES					
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		(Pattie/Felicia) Deep Water Exercise		(Mittie) Deep Water Exercise
9:30 a.m.	(Mittie) Adaptive Exercise		(Pattie/Felicia) Adaptive Exercise		(Mittie) Adaptive Exercise
9:30 a.m.		(Felicia) “Twinges in the Hinges” (arthritis class)		(Felicia) “Twinges in the Hinges” (arthritis class)	
10:30 a.m.	(Mittie) Yoqua	(Felicia) Yoqua	(Felicia) Yoqua	(Felicia) Yoqua	(Mittie) Yoqua

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)
www.franklincountyyymca.org

SMITH MOUNTAIN LAKE YMCA

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Moneta VA 24121
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Our YMCA is a
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