



**2018**  
**Water Group Exercise Classes**

**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8:05am Gentle Stretching w/Janet		8:05am Gentle Stretching w/Janet		
9am Musical Aquacize w/Joan	9am Arthritis Water w/Janet	9am Musical Aquacize w/Joan	9am Arthritis Water w/Janet	9am Musical Aquacize w/Joan
9:15am Deep Water Works w/Courtney		9:15am Deep Water Works w/Courtney		9:15am Deep Water Works w/Courtney
10am Splashing Seniors w/Rachael	10am Splashing Seniors w/Rachael	10am Splashing Seniors w/Rachael	10am Splashing Seniors w/Rachael	
11:30am Aqua Fit w/Rachael		11:30am Aqua Fit w/Rachael		
7:30pm Evening Jam w/Suzanne			7:30pm Evening Jam w/Suzanne	

**See YOU in the POOL!**

**Cecil County Family YMCA**  
25 YMCA Blvd Elkton, MD 21921      410-392-9622  
[www.ymcahesapeake.org](http://www.ymcahesapeake.org)



**What is keeping you from taking a water exercise class?**

Is it the swim suit? You can wear swim shorts and swim shirts in the pool. Fabric must be swim suit material, NO COTTON!

Don't let a swim suit stop you—get in!!!!

## 2018 Aquatic Group Exercise

### Adult Evening Water Jam w/Suzanne

This program concentrates on conditioning, flexibility and muscle toning. Water creates resistance against the muscles & takes the shock off the legs & body. Monday & Thursday 7:30-8:15pm.

### Aqua-Fit w/Rachael

The main focus is flexibility, muscle toning, and overall conditioning. Utilizing a wide variety of exercises and equipment. Class will be held in both shallow and deep water. MW 11:30-12:30pm w/Rachael

### Arthritis Water Program w/Janet

A no-impact to low impact water program to improve range of motion, flexibility, strength and endurance. Tuesdays and Thursdays 9-9:45am.

### Deep Water Works w/Courtney

This Deep Water Aerobics class utilizes fun and challenging cardiovascular techniques to improve your fitness. Improve your flexibility, muscular strength, endurance, as well as posture and core rejuvenation through high and low intensity training. This class is suitable for all skill levels from the beginner to the advanced athlete. AquaJoggers® are utilized to enhance results. Classes MWF 9:15-10:15am.

### Gentle Water Stretching w/Janet

A gentle water stretching class focusing on flexibility taught in the shallow water. M & W 8:05-8:50am

### Musical Aquacize w/Joan

This program is designed for the swimmer & non-swimmer looking to improve flexibility, coordination, strengthen muscles, and increase stamina. Music is played to keep the pace going. MWF 9-10am

### Splashing Seniors w/Rachael

This program is co-sponsored by Senior Services and Community Transit, and the YMCA. A complete range of motion exercise program, it is designed for flexibility & muscle strengthening. Open to seniors 60 years of age & older. Participants must register for this program with the Senior Services and Community Transit Center call (410) 996-5295.

M & W 10am Full Range of Motion/Exercise  
T & TH 10am Less Intense Exercise

