



We build strong kids, strong families, strong communities.

**Bloomington-Normal YMCA**

**2010 Water Exercise Class Schedule**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 am Sliver Splash  Janet	8:15-9:15 am Water Aerobics  Carla	8:00-9:00 am Silver Splash  Janet	8:15-9:15 am Water Aerobics  Sandy	8:15-9:00 am Water Aerobics  Sandy	8:00-9:00 am Deep Water  Jan/Sandy
9:00-10:00 am Arthritis  Janet	10:30-11:30 am Silver Splash  Sandy	9:00-10:00 am Arthritis  Janet	10:30-11:30 am Silver Splash  Sandy	9:00-10:00 am Arthritis  Janet	
6:00-7:00 pm Deep Water  Jan	6:00-7:00 pm Water Aerobics  Cindy	6:00-7:00 pm Deep Water  Jan	6:00-7:00 pm Water Aerobics  Cindy		

**WATER CLASSES**

- Arthritis Class** Trained instructors lead participants through a series of specially designed exercises. You do not have to know how to swim
- Deep Water Aerobics** This class promotes cardio fitness, strength and flexibility all with water resistance. Instructional equipment is used. Excellent class for people rehabilitating joint, muscle, and back injuries
- Water Aerobics** A fun and low impact class set to music that stresses cardio movements that strengthen the heart and muscles through water resistance.