

YWATER FITNESS™

We build strong kids, strong families, strong communities.

Grove City YMCA - 614-871-9622

Suzie Damron - Aquatic Director : sdamron@ymcacolumbus.org

Stephanie Suerdieck - Aquatics Coordinator : ssuerdieck@ymcacolumbus.org

Fall 1 2010, September 6 - October 24, 2010

Registration begins: Metro Members - July 31

Program Members - August 7

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P								
Aqua Walk **	12	29	222A		10:35-11:35AM					
Aqua Walk	14	34	222B				10:35-11:35AM			
Aqua Walk	14	34	222C						10:35-11:35AM	
Arthritis Foundation YMCA Aquatic Program **	14	29	224A		9:00-10:00AM					
Arthritis Foundation YMCA Aquatic Program	16	34	224B				9:00-10:00AM			
Arthritis Foundation YMCA Aquatic Program	16	34	224C			5:50-6:50PM				
Arthritis Foundation YMCA Aquatic Program	16	34	224D					5:50-6:50PM		
Arthritis Foundation YMCA Aquatic Program	16	34	224E							10:00-11:00AM
Deep Water Fitness **	12	29	220DA		7:00-8:00PM					
Deep Water Fitness	14	34	220DB					7:00-8:00PM		
Deep Water Fitness	14	34	220DC			10:10-11:10AM				
Deep Water Fitness	14	34	220DD					10:10-11:10AM		
Water Fitness **	12	29	220E		9:30-10:30AM					
Water Fitness	14	34	220F				9:30-10:30AM			
Water Fitness **	12	29	220G		8:00-9:00PM					
Water Fitness	14	34	220H				8:00-9:00PM			
Water Fitness	14	34	220I							8:30-9:30AM
Water Fitness	14	34	220J						9:30-10:30AM	

M = YMCA Metropolitan Member P = YMCA Program Member (must have active Program Membership)

FREE = Free for Metropolitan Members ** = Prorated fee for Holiday

Register online at ymcacolumbus.org

Our mission: To serve the whole community through programs expressing
Judeo-Christian principles that build a healthy spirit, mind and body.

8/11/2010

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Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P								
Water Pilates **	14	29	225A		12:00-1:00PM					
Water Pilates	16	34	225B				12:00-1:00PM			
Water Pilates **	14	29	225E		6:55-7:55PM					
Water Pilates	16	34	225F				6:55-7:55PM			
Water Pilates	16	34	225I			9:00-10:00AM				
Water Pilates	16	34	225J					9:00-10:00AM		
Water Pilates	16	34	225K			6:55-7:55PM				
Water Pilates	16	34	225L					6:55-7:55PM		
Water Pilates	16	34	225M						12:00-1:00PM	
Water Pilates	16	34	225N							11:00AM-12:00PM

Water Fitness

Participants use the water for resistance and a surprisingly intense, cardiovascular and muscle conditioning workout. Perfect for any fitness level. Participants can control their own intensity. Beginner or advanced, high or low intensity.

Deep Water Fitness

Participants use the water for resistance in this deep water cardiovascular and muscular conditioning workout in a non-impact environment. Participants must be comfortable in 5ft of water or more. Buoyancy belts and resistance weights are used.

Water Pilates

Take advantage of this relaxing class that focuses on strengthen the core muscles, realigning the body, and increasing flexibility while combining the key elements of yoga and stress reduction.

Arthritis Foundation YMCA Aquatic Program

Trained personnel lead participants through a series of specially designed exercises that use buoyancy and resistance to help improve joint flexibility. Class is held in a heated pool and follows curriculum approved by the Arthritis Foundation.

Aqua Walk

Participants use the water for resistance for a cardiovascular and muscle conditioning workout. Perfect for any fitness level. Participants can control their own intensity.

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