

YWATER FITNESS™

We build strong kids, strong families, strong communities.

Hilltop YMCA - 614 276-8224
Martha cross: mcross@ymcacolumbus.org

Water Fitness

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

Deep Water Fitness(aka. Aqua Jog)

Participants use the water for resistance in this deep water cardiovascular and muscle conditioning workout. Participants must be comfortable in 5 feet of water or more. Buoyancy belts and resistance weighs may be used.

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. Instructors follows curriculum approved by the Arthritis Foundation.

Active Older Adults Water Fitness

This class is geared towards the 55 and older crowd, but all are welcome. Participants enjoy limbering and range of motion exercises as recommended by the Arthritis Foundation.

Register online at ymcacolumbus.org

2/9/2010

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