

YWATER FITNESS™

We build strong kids, strong families, strong communities.

Liberty Twp/Powell YMCA - 052

Kevin Timmons: ktimmons@ymcacolumbus.org

Winter II 2010 February 22 - April 11

Registration begins: Metro Members - February 6

Program Members - February 13

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Arthritis	14	34	ARTHTA			9:45-10:30 AM				
Arthritis	14	34	ARTHTN			12:00-12:45 PM				
Arthritis	14	34	ARTHTP			5:30-6:15 PM				
Arthritis	14	34	ARTHRA					9:45-10:30 AM		
Arthritis	14	34	ARTHRN					12:00-12:45 PM		
Arthritis	14	34	ARTHRP					5:30-6:15 PM		
Arthritis	14	34	ARTHSAN							12:00-12:45 PM
Aqua Aerobics	14	34	AQUATA			9:00-10:00 AM				
Aqua Aerobics	14	34	AQUARA					9:00-10:00 AM		
Low Impact	14	34	LOWTA			10:45-11:45 AM				
Low Impact	14	34	LOWRA					10:45-11:45 PM		
Ultra Water Workout	14	34	ULTRAMA		9:15-10:00 AM					
Ultra Water Workout	14	34	ULTRAMP		5:30-6:30 PM					
Ultra Water Workout	14	34	ULTRAWA				9:15-10:00 AM			
Ultra Water Workout	14	34	ULTRAWP				5:30-6:30 PM			
Ultra Water Workout	14	34	ULTRASA							8:30-9:30 AM

M = YMCA Metropolitan Member **P*** = YMCA Program Member (must have active Program Membership)
FREE = Free for Metropolitan Members

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.

1/28/2010

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Arthritis Aquatics: 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.

Aqua Aerobics: Participants use the water for resistance for a surprisingly intense cardiovascular and muscular workout. Perfect for any fitness level. Participants can control their own intensity. Water fitness classes offer a non-impact environment.

Low Impact Aerobics: Participants use the water for resistance for this cardiovascular and muscle conditioning workout.

Ultra Water Workout: Higher endurance cardio workout to burn calories and build endurance with stretching and toning to improve flexibility and range of motion. Medium/high impact.

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