

YWATER FITNESS™

We build strong kids, strong families, strong communities.

North Branch YMCA - 614-885-4252

Jenny Puett - Aquatic Director : jpuett@ymcacolumbus.org

Fall 1 2010, September 6 - October 24

Registration begins: Metro Members - July 31

Program Members - August 7

| Class | \$ FEES | | CODE | Su | Mo | Tu | We | Thr | Fr | Sa |
|-------------------------------------------------|---------|----|------------------|----|----|--------------|-------------|--------------|-------------|----|
| | M | P | | | | | | | | |
| Arthritis Foundation YMCA Aquatic Program | 28 | 68 | ARTHA | | | 9:30-10:15AM | | 9:30-10:15AM | | |
| Shallow Water Fitness | 28 | 68 | SHALLOW WATER | | | | 8:00-8:45AM | | 8:00-8:45AM | |
| Water Fitness | 28 | 68 | WATERFIT | | | 8:00-8:45PM | | 8:00-8:45PM | | |

Water Fitness: Participants use the water for resistance for this cardiovascular and muscle conditioning workout. **~~FORMERLY AQUA AEROBICS~~**

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

Shallow Water Fitness: Participants use the water for resistance for this cardiovascular and muscle conditioning workout. Perfect for any fitness level. Participants can control their own intensity. **~~FORMERLY AQUA WALK~~**

M = YMCA Metropolitan Member **P** = YMCA Program Member (must have active Program Membership)
FREE = Free for Metropolitan Members ****** = Prorated fee for Holiday or Special Event

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.

8/18/2010