

YWATER FITNESS™

We build strong kids, strong families, strong communities.

North YMCA - 614-885-4252

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Winter I 2010 January 4th - February 21st

Registration begins: Metro Members - December 5th

Program Members - December 12th

Class	\$ FEES		Session	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Water Fitness (Aqua Aerobics)	28	68	Winter I			8:00P-8:45P		8:00P-8:45P		
Arthritis Foundation Aquatic Program	28	68	Winter I			9:30A-10:15A		9:30A-10:15A		
Shallow Water Fitness (Aqua Walk)	26*	63*	Winter I		9:30A-10:15A		9:30A-10:15A		10:00A - 10:45A	
H2O Kickboxing	26*	63*	Winter I		5:30P-6:15P		5:30P-6:15P			
Water Fitness (Aqua Aerobics)	28	68	Winter I				8:00A-8:45A		8:00A-8:45A	

*Monday Classes are prorated. No class Jan. 18th in honor of Dr. Martin Luther King Jr.

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.

**Water Fitness
(Aqua Aerobics)** Participants use the water for resistance for this cardiovascular and muscle conditioning workout.

**Arthritis Foundation
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

**Shallow Water
Fitness
(Aqua Walk)** Participants use the water for resistance for this cardiovascular and muscle conditioning workout. Perfect for any fitness level. Participants can control their own intensity.

H2O Kickboxing Take land kickboxing and add water to improve balance. This high energy, cardio class is a sure way to "kick" your fitness into gear.