



WATER FITNESS

Crescenta-Cañada Family YMCA Winter 2012 Schedule

Time	Mon	Tue	Wed	Thurs	Fri	Sat
5:45 am to 6:45 am	Water Fitness		Water Fitness		Water Fitness	
9:00 am to 10:00 am	Adv. Deep Water (Abs) AFYAP (Twinges Plus) Functional Fitness	Adv. Deep Water (Upper Body)	Adv. Deep Water (Low Back) AFYAP (Twinges Plus) Functional Fitness	Adv. Deep Water (Abs)	Adv. Deep Water (Low Back) AFYAP (Twinges Plus) Functional Fitness	Adv. Deep Water
9:30 am to 10:00 am		Water Yoga		Water Pilates		
10:00 am to 11:00 am	Deep Water Shallow Water (E)	Deep Water Shallow Water (E)	Deep Water Shallow Water (E)	Deep Water Shallow Water (E)	Deep Water Shallow Water (E)	
11:00 am to 12:00 pm	AFYAP (Twinges Plus) (E)	AFYAP (Twinges Plus) (E)	AFYAP (Twinges Plus) (E)	AFYAP (Twinges Plus) (E)	AFYAP (Twinges Plus) (E)	Family Aqua Zumba 12:00 - 1:00 pm
11:15 am to 12:00 pm	AFYAP (Twinges) (E)	AFYAP (Twinges) (E)	AFYAP (Twinges) (E)	AFYAP (Twinges) (E)	AFYAP (Twinges) (E)	
1:30 pm to 2:30 pm	Deep Water Water Yoga Individual Water Walking	Deep Water	Deep Water Water Yoga Individual Water Walking	Deep Water	Aqua Zumba 1:15 - 2:15 pm	
					Deep Water 2:00 - 3:00 pm	
					Individual Water Walking 1:30 - 2:30 pm	
6:45 pm to 7:45 pm	Adv. Deep Water	Wild Water	Adv. Deep Water	Wild Water		

(E) Suitable for Entry Level Participants

For more information, contact Georgia Harrison at 818.790.0123, ext 281

Crescenta-Cañada Family YMCA
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Water Fitness Class Descriptions

Lap Swim

Swimming lengths using various strokes and various speeds. When sharing a lane, swimmers will circle if three or more are in a lane. Lanes are marked slow, medium and fast — choose the appropriate lane for your ability.

Water Walking

Moving in shallow water waist to chest deep, forward, backward, and sideward, using regular, short, quick, or long steps. Participants will walk without an instructor.

AFYAP (Twinges in the Hinges)

Beginner level shallow water exercise program designed for people suffering from arthritis and related diseases. Gentle movements concentrating on range of motion and flexibility are done in the warm water teaching pool. .

AFYAP (Twinges Plus)

Advanced Beginner level shallow water exercise program designed for people with arthritis and related diseases. This program includes an endurance component and also activities designed to promote musculoskeletal flexibility and strength.

Shallow Water Workout

Intermediate water exercise program with full body rhythmic exercises conducted in shallow water designed to provide overall flexibility, strength and cardiovascular benefits.

Water Fit

Advanced shallow water exercise program designed to strengthen, firm and sculpt muscles by using the resistance of the water and/or water exercise equipment and to develop cardiovascular endurance. Includes floatation exercises in deep water.

Advanced Deep Water

Advanced deep water exercise program. Various running styles, drills and methods are used to isolate various body parts. Flotation belts and devices are used as well as interval training. Participants need to be swimmers.

Deep Water Workout

Intermediate level water exercise program with slow medium and/or fast paced exercises in water depth where the feet do not touch the bottom of the pool. Flotation belts and devices are used. Participants need to be swimmers.

Functional Fitness

Activities include movements used in daily living, such as walking, lifting, raking, climbing stairs, etc.

Water Yoga

An aquatic yoga class that strengthens and stretches the body. Yoga poses are adapted for the water in a continuum of flowing and static poses while breathing deeply.

Water Pilates

Muscle conditioning while simultaneously strengthening and stretching elongated muscles. Exercises are performed in shallow and deep water.

Wild Water

High intensity aerobics, water boot camp, water kickboxing, jump training, strength building with equipment.

AQUA ZUMBA

JOIN THE PARTY

Known as the Zumba "Pool Party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Instructor: Plezhetta Martinez