



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Water Exercise Schedule November 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aqua Blast</b> 8:30-9:30am <i>Lisa</i>		<b>Aqua Blast</b> 8:30-9:30am <i>Libby</i>		<b>Aqua Blast</b> 8:30-9:30am <i>Linda</i>	
<b>Aqua Toning</b> 9:30-10am <i>Lisa</i>	<b>Deep Water</b> 9-10am <i>Sandy</i>	<b>Aqua Toning</b> 9:30-10am <i>Libby</i>	<b>Deep Water</b> 9-10am <i>Sandy</i>	<b>Aqua Toning</b> 9:30-10am <i>Linda</i>	<b>Aqua Blast</b> 9-10am <i>Beth</i>
<b>Aqua Blast</b> 10-11am <i>Libby</i>	<b>Deep Water</b> 10-11am <i>Sandy</i>	<b>Aqua Blast</b> 10-11am <i>Mabel</i>	<b>Deep Water</b> 10-11am <i>Sandy</i>	<b>Wellness Thru Water</b> 10-11a <i>Pat</i>	<b>Aqua Blast</b> 10-11am <i>Beth</i>
				<b>Silver Splash</b> 11-12p <i>Pat</i>	
	<b>Aqua Zumba*</b> 6-7pm <i>Beth</i>		<b>Aqua Zumba*</b> 6-7pm <i>Beth</i>		

**Inclement Weather**– Exercise classes will be cancelled 30 minutes prior to start of class when the temperature is below 50°F (65°F for Silver Splash & Wellness Thru Water); temperatures are based on weather.com for zip code 33596.

## Class Descriptions

**Aqua Blast**– An interval workout using different tools and techniques targeted to burn maximum calories while providing safe and effective core, cardio and muscular endurance training. This class is meant to challenge any level of fitness, designed to take your workout to the next level, and may be performed at varying depths.

**Aqua Toning**- Body sculpting in the shallow water. Resistance training for all major muscle groups.

**Deep Water**- High intensity workout performed in the deep water. Don't need to be a swimmer to participate.

**Aqua Zumba**- Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief

\*In the event Beth is unable to teach, the class will be Aqua Blast

**Silver Splash**- The Silver Sneakers version of shallow water aerobics. Equipment includes splash boards. Options for all fitness levels.

**Wellness Thru Water**- Designed for those with special movement needs such as arthritis, fibromyalgia, MS and other joint issues.

*Please note that a variety of equipment and techniques may be used depending on the instructor.*

## Campo Family YMCA

3414 Culbreath Rd. • Valrico, FL 33596 • 813.684.1371 • [www.tampaymca.org](http://www.tampaymca.org)