



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

Aqua Fitness

Please note that if the temperature outside is below 60 degrees as of 30 minutes prior to class time, we will not have aqua class that day, but an alternative indoor workout will be offered. Temperature is based on the reading at www.weather.com, zip code 33647.

This is an instructor-led program consisting of cardiovascular and toning exercises. Classes may be conducted in both shallow and deep water formats and presented in a manner intended to meet a variety of fitness levels. Men and women of all ages are able to receive excellent fitness benefits in this exercise venue.

Flotation belts and resistance equipment are provided. Water shoes and gloves are suggested for members attending classes on a regular basis. Participants NEED NOT KNOW HOW TO SWIM but should be comfortable in and able to tread water while using flotation equipment in the deep/shallow water format. **(see below for safety info for deep water classes)**

BE COOL! GET WET! GET FIT! NO SWEAT!

**Monday: 10:00am Deep w/Cathy
11:00am Shallow w/Cathy**

(please note: all participants in deep water must be able to tread water for one minute with no equipment)

Tuesday: 11:00am Deep w/Cathy

**Wednesday: 10:00am Dancin' with Danielle (deep water)
11:00am Dancin' with Danielle (shallow water)**

-- a full-on party, using dance, kickboxing and more to create a fabulously fun workout!

Thursday: 11:00am Aqua Zumba w/Christine *NEW!!*

Friday: 10:00am Shallow w/Martha

Contact Donna McCarthy for more information

**Schedule changes
in effect
January 1, 2012**

New Tampa Family YMCA

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