



# AQUA FITNESS SCHEDULE Begins APRIL 29, 2024

More for your membership! ALL Water Exercise classes are included in your membership!

## CERTIFIED FITNESS INSTRUCTORS

Membership & Healthy Living Director: Heidi Nicholls Bowser

Group Exercise Coordinator: Mickey Stewart

Penny Birch / Nichole Emerick / Alice O'Melia / Evonne Patterson / Christine Shuler / Jake Taciuch

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:30 AM		<b>POOL JOGGING w/ HIIT Blasts &amp; ABS</b> Alice O. Pool 1		<b>DEEP H2O SUSPENSION</b> Christine Pool 1	<b>AQUA Intervals</b> Evonne Pool 1	Aqua Fitness classes can be strenuous. Please consult your physician. By participating in these classes, you indicate you have no physical conditions or health problems. Age 14 and older welcome. Please bring water to class.
10:15 AM - 11:00 AM		<b>Aqua Exercise for Arthritis</b> Christine Pool 2				
11:00 AM - 11:45 AM		<b>Gentle Water Exercise</b> Christine Pool 2	<b>11:30a-12:15p AQUA Weight Training</b> Evonne Pool 2	<b>Gentle Water Exercise</b> Christine Pool 2	<b>11:45a-12:30p Barre H2O</b> Nichole Pool 2	
12:00- 12:45 PM	<b>Work It in the Water</b> Evonne Pool 2		<b>12:15-1:00pm YOGA H2O</b> Evonne Pool 2	<b>Total Body Conditioning</b> Christine Pool 2	<b>NEW TIME</b>	
1:00- 1:45 PM	<b>Aqua Dance Party</b> Alice O. Pool 2		<b>NEW FORMAT</b>		<b>Aqua Dance Party</b> Alice O. Pool 2	

**AQUA DANCE PARTY**- Dance Party in the POOL! Low impact on your joints. Water creates natural resistance, which means every step is more challenging and helps tone your muscles!

**AQUA EXERCISE FOR ARTHRITIS** - Gentle water exercise for people with arthritis. Range of motion exercise will be emphasized. Enjoy the relief that warm water exercise provides!

**AQUA INTERVALS** - An interval-based class designed to help improve your overall fitness and get your heart pumping while reducing stress on your joints. We mix in different types of intervals & recover exercises and give the option to use both the shallow & deep ends of the pool. If you like to swim, this class is for you! If you don't, no worries.. Modifications are offered for all exercises. Flotation belts available, but not required. Come try it!

**AQUA WEIGHT TRAINING** - Fun and comprehensive strength training workout, working every muscle while taking pressure off joints as you Push/Pull/Twist/Lift using various modes of aquatic resistance equipment!

**BARRE H2O** - Utilizing the movement patterns found in a land Ballet Barre class, this low-impact class in our Warm Pool incorporates Pilates, yoga, and cardio exercise with a focus on improving range of motion.

**DEEP H2O SUSPENSION** - Come experience water fitness in the deep end of the pool. Water belts are available. A great full body workout including cardio and toning segments done in the deep end of Pool 1.

**GENTLE WATER EXERCISE** - A light cardio workout! Increase strength and flexibility using a variety of water exercise equipment. Gentle on your joints! Come join us in the warm water McLaughlin Pool for non-impact exercise.

**POOL JOGGING W/ HIIT BLASTS & ABS**- This vigorous class in the lap pool includes various water jogging patterns combined with HIIT blasts followed by an awesome ab workout!

**TOTAL BODY CONDITIONING**- Experience this total body low-impact strength workout in the warm pool! Water resistance and aqua resistance equipment will be used to strengthen every muscle in your body.

**WORK IT IN THE WATER** - Let water be your resistance! Work your body in a comfortable and safe manner while increasing heart rate and challenging your endurance. If you have joint or bone issues, or just enjoy water exercise, this class will give you the workout you need!

**NEW! YOGA H2O** - Enjoy a relaxing Yoga workout in our warm water pool. Class will focus on balance, range of motion, and fluid movement patterns.

## **Get Into The Swim Of Things**

Are you ready to take the plunge and try a new fitness activity? How about water exercise? Water exercise is one of the best non-impact fitness activities around and just about anybody can participate. Pregnant women, the elderly, overweight, individuals with arthritis, or those recovering from an injury can all benefit from the wide variety of aquatics classes currently available.

Here are the facts: The buoyancy of water reduces the "weight" of a person by about 90 percent. This means that the stress on weight-bearing joints, bones, and muscles is similarly reduced. For this reason, it is unlikely that a water workout will result in injury or leave you with sore muscles. That's why the pool is such a great place for people with arthritis or back problems to exercise, and for those who are new to exercise. But don't get the idea that just because it doesn't hurt, you can't get a great workout in the pool. Water exercise can encompass all of the components of fitness: cardiovascular fitness, muscular strength and endurance, & flexibility. And, when done regularly, water exercise can help reduce body fat.

## **Water Works Your Heart**

Aerobic workouts in the pool are perfect for those who find the same movements on land too jarring or painful: running, striding, kicking, leaping, and even dancing. Keep in mind that in the water, heart rate will be reduced by as much as 17 beats per minute when compared to land exercise. That's why it's so important to pay attention to how you feel. Your heart rate might indicate that your intensity is too low when you are actually exercising quite strenuously.

## **Water Adds Resistance**

The resistance of water is perfect for a strength-training workout - instead of weights, the water itself provides the resistance. One of the easiest ways to create resistance in the water is to cup your hands and push or pull the water away from you. Other devices, such as dumb bells and water gloves can increase the resistance to provide a more intense workout.

## **The Flexible Benefits Of Water**

One of the greatest benefits of water exercise is its effect on flexibility. Water is a welcome environment for performing stretches that might otherwise be difficult on land. Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

## **Aquatics 101**

Once you've decided to take the plunge, it's simply a matter of finding the right class for you. Check out some Aqua Fitness classes and drop in on one or two to see if they are right for your fitness level. A good class should include a good warm up, a period of cardiovascular and muscle conditioning that gradually increases and then decreases in intensity, and a cool down. The cool down should include plenty of flexibility exercises for the entire body.

The pool is a fun place to feel like a kid again and to get a great workout. In fact, instead of feeling out of breath or exhausted, a water class can leave you feeling surprisingly calm, yet energetic. So, even if you're a dip-your-toe-in-the-water type of person, don't be afraid to take the plunge into water fitness.

Schedules available on  
our mobile app!  
Download by searching  
Butler County Family YMCA

### **YMCA Contact information:**

Membership & Healthy Living Director: Heidi Nicholls Bowser  
Group Exercise Coordinator: Mickey Stewart



Butler YMCA • 339 North Washington St • Butler PA 724.287.4733  
[www.bcfymca.org](http://www.bcfymca.org)