



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE CLASSES – SOUTH SUBURBAN YMCA

POOL

SUMMER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Dance & Sculpt 8:45-9:30a MaryEllen K.	Water Sculpt 8:45-9:30a Kris W.	Wave Power 8:45-9:30a Kris W.	Wave Power 8:45-9:30a Michelle H.	Wave Power 8:45-9:45a Mickey S.	Wave Power 8:45-9:30a Karen L./Cammy N.	
Aqua Boot Camp 9:40-10:30a Michelle H.	Deep Water 9:40-10:30a Kris W.	BAM 9:40-10:30a Kris W.	Water Sculpt 9:40-10:30a Michelle H.			
Aquatics to Restore Health 11:30a-12:15p Becky D.	Medical Programming Pool Time 12:00-12:45p Katie C.			Aquatics to Restore Health 11:30a-12:15p Becky D.		
Aqua Boot Camp 5:00-5:55p Staci O.	Wave Power 5:30-6:15p Jan A.	Water Sculpt 5:00-5:55p Michelle A.	Wave Power 5:30-6:15p Gracie S.		Navy – Water Exercise Class Purple – Medical Programming Class Green Highlight – New Instructor Yellow Highlight – New Class or New Time	
Water Sculpt 6:00-6:45p Staci O.		Wave Power 6:00-6:45p Cathy F.				

South Suburban YMCA

Program Contact: Gwyndolyn McMillin, Program Director

P: 515.471.8503

E: Gwyndolyn.McMillin@dmymca.org



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Class and Program Descriptions:

AQUATIC BOOT CAMP – Stepping up the cardio, this is a HIGH INTENSITY water fitness class that provides the benefits of the pool; little to no impact on joints, increases lung capacity and provides the benefits of weight and resistance training. You must know how to swim.

AQUATIC DANCE & SCULPT – Dance your heart out while sculpting those muscles at the same time, without all the impact. This is appropriate for all ages and fitness levels.

AQUATICS TO RESTORE HEALTH – Water-based exercise to improve daily function for those with chronic conditions. This class will promote better balance, flexibility strength and walking ability.

BALANCE AND MOVEMENT (BAM) – Stay fit with the benefits of exercise in the water. This class is great for staying active and flexible without the impact. Join the fun and the fellowship.

WAVE POWER – Try this high intensity class that will maximize your calorie burn by concentrating on intensity, cardio moves and muscle work by using a variety of equipment and water depths.

WATER SCULPT – Body sculpting comes to the water!! This class will concentrate on toning and strengthening both upper and lower body by using a variety of equipment and water depths to maximize resistance. This class is for all ages and fitness levels.

INSTRUCTOR'S CHOICE – this class will be a mix of **WAVE POWER** and **WATER SCULPT**.

Medical Programming Descriptions:

MEDICAL PROGRAMMING POOL TIME - For those who may need the guidance and supervision of specially trained staff to help with their independent water exercise program.

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