

# Class Descriptions

- **Arthritis Exercise (AFYAP)** – This class was co-developed by the Arthritis Foundation and the YMCA of the USA. A series of gentle activities in the pool to help relieve pain and stiffness while providing a fun, social opportunity. No swimming skills required.
- **Aqua Dynamics** – A class FULL of energy! This class will offer lots of fun and a great workout while exercising to music of the 40's thru today. A full compliment of cardiovascular, strength and flexibility exercises included. No swimming skill required.
- **Deep Water Exercise** – This moderate intensity aerobics class consists of a shallow water warm-up and cool-down with 30 minutes of deep water jogging and other exercises. Flotation devices are used during the deep water portion. No swimming skills required, but must be comfortable in the deep water.
- **Circuit Training** – FUN & MOTIVATING! A combination of both aerobic conditioning and muscular strengthening exercises set up in a “circuit” fashion. The class participants will move from cardiovascular to weight training in timed intervals so the heart rate will remain elevated throughout the duration of the class. This class is offered on different days; one in shallow water and one in deep water. No swimming skills required but must be comfortable in the deep water for the deep water class.
- **Spinal Stability** – This class contains absolutely no aerobic component. Mild exercises that are done in the warm water are designed strengthen the muscles of the hips, back and abdomen while increasing flexibility. No swimming skills required.
- **Strength & Power Ball** – Here it is... a deep water exercise class that provides aerobic intensity to wake you up and get you movin'! This class is offered early so the energy you create will help carry you through the rest of the day! No swimming skills required, but must be comfortable in the deep water.
- **Water Aerobics** – If you're looking for aerobic intensity, this class is one to try. The class is designed to increase the cardiovascular capacity while including resistance exercises that will increase muscle tone and flexibility. Class time is split between the shallow water and deep water. Exercises are choreographed and done to upbeat, funky music of the 70's thru today. No swimming skills required, but must be comfortable in the deep water.
- **Yoga Flow** – This fabulous class will take you through traditional yoga poses in a very fluid format so the body is in constant motion. This class will help develop focus and allow for relaxation while improving joint flexibility and muscular tone. No swimming skills required.