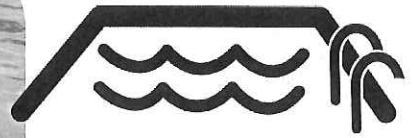




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WATER FITNESS

LIBERTY TWP/POWELL YMCA

(\$) indicates fee based class, see class descriptions for details

Fall II 2019

Oct 21st-

Dec 22nd

Registration begins:

Members- September 28th

Non-members- October 5th

	MON	TUES	WED	THURS	FRI	SAT	SUN
SILVER SPLASH	10:45-11:45a						
SILVER SPLASH			10:45-11:45a				
SILVER SPLASH					10:45-11:20a		
ARTHRITIS (\$)		9:45-10:30a					
ARTHRITIS (\$)		12-12:45p					
ARTHRITIS (\$)				9:45-10:30a			
ARTHRITIS (\$)				12-12:45p			
HYDRO POWER (\$)		8:45-9:45a					
HYDRO POWER (\$)				8:45-9:45a			
HYDRO POWER (\$)					9:45-10:45a		
AOA WATER FITNESS (\$)		10:45-11:45a					
AOA WATER FITNESS (\$)				10:45-11:45a			
AOA WATER FITNESS (\$)						8:30-9:30a	

REGISTER on our website @ ymcacolumbus.org/hub or at our Welcome Desk.

CONTACT Michelle Cook by phone: 614-839-9622 or email: mcook@ymcacolumbus.org

CLASS DESCRIPTIONS *Prices include all classes during our 9-week session.*

ARTHRITIS FOUNDATION AQUATICS PROGRAM

Member: \$28⁹⁵ **Non-Member:** \$64⁹⁵

This class is developed specifically for people with arthritis and mobility related conditions. This water exercise program has been documented to reduce joint pain, fatigue and stiffness while increasing range of motion, flexibility, strength and overall well-being. Class is held in a warm water therapy pool.

Intensity level 1/5

AOA WATER FITNESS

Member: \$28⁹⁵ **Non-Member:** \$64⁹⁵

This class is designed with Active Older Adults in mind, combining light to moderate exercises in both the shallow and deep water to help increase endurance, strength, balance & flexibility.

Intensity level 3-4/5

HYDRO POWER

Member: \$28⁹⁵ **Non-Member:** \$64⁹⁵

Participants will use this interval based combination class to sculpt and strengthen muscles and improve overall cardio endurance.

Intensity level 4-5/5

SILVER SPLASH

Member: FREE

In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

Intensity level 2/5

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