



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**SPRING 1 2020**  
**Effective Monday, March 2**

# ALL IN CHALLENGE

## AQUA FITNESS SCHEDULE

Group exercise in the pool is a fun way to incorporate more physical activity into your routine. Join certified instructors as they guide you through a safe and effective workout program with the benefits of buoyancy and low impact exercise. From AquaFit to the Arthritis Water Program, there is a class for everyone! All levels are welcome.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AquaFit</b> 9:00 – 9:45am Peggy	<b>AquaFit</b> 9:00 – 9:45am Peggy	<b>AquaFit</b> 9:00 – 9:45am Peggy	<b>AquaFit</b> 9:00 – 9:45am Peggy	<b>AquaFit</b> 9:00 – 9:45am Peggy
	<b>Aqua Toning</b> 9:55-10:30 Peggy  *Aqua shoes recommended		<b>Aqua Toning</b> 9:55-10:30 Peggy  *Aqua shoes recommended	
<b>Arthritis Water Program</b> 10:30 – 11:15am Peggy		<b>Arthritis Water Program</b> 10:30 – 11:15am Peggy		<b>Arthritis Water Program</b> 10:30 – 11:15am Peggy

### CLASS DESCRIPTIONS Ages 14+

**AQUAFIT** Class emphasis is on improving muscle tone and increasing cardiovascular endurance through interval training. Participants work at their own pace. No swimming ability is required.

**AQUA TONING** Use resistance equipment designed for the pool! Fun for all ages and abilities. Aqua shoes are recommended, but not required.

**ARTHRITIS WATER PROGRAM** Individuals with joint or muscular issues focus on improving and maintaining flexibility and mobility.

**STAY UP TO DATE** with schedule changes and facility closures: To receive free text alerts, TEXT the department code to 84483, or register online at [www.rainedout.com](http://www.rainedout.com) and search "YMCA of Easton."

**DEPARTMENT CODES**

**EPYAQUAFIT** All Aqua / Arthritis Fitness

**EPYBLDGINFO** Building/Closure Information