

# Y WATER FITNESS

We build strong kids, strong families, strong communities.

## SUMMER 2010 Schedule

**AFYAP - (Registration Required)** is a water exercise program designed for people with arthritis and related conditions. Water exercise is especially good for people with arthritis because it allows you to exercise without putting excess strain on your joints and muscles.

Class	Days	Time	Instructor	Class Location
AFYAP	Mon, Wed ,Fri	7:00-7:55 am	Shari	Training Pool
AFYAP 1	Mon, Wed ,Fri	8:00-8:55 am	Shari	Training Pool
AFYAP 2	Mon, Wed ,Fri	10:00-10:55 am	Shari	Training Pool
AFYAP 3	Mon, Wed ,Fri	11:00-11:55 pm	Shari	Training Pool
AFYAP 4	Mon, Wed ,Fri	1:00-1:55 pm	Veronic	Training Pool
AFYAP 5	Tue, Thurs	11:00-11:55 pm	Veronic	Training Pool
<b>Included with Membership! Registration Required</b>				

**Healthy Joints-** A low impact water exercise class held in a warm water training pool. This class is designed to promote good joint health while toning and strengthening muscles. (This is **not** an Arthritis Foundation class)

Healthy Joints	Mon, Wed ,Fri	12:00-12:55 pm	Veronic	Training Pool
----------------	---------------	----------------	---------	---------------

**Sculpt and Tone** - A low impact exercise class held in our warm water training pool. This class is designed to isolate the muscles to sculpt and tone the upper and lower body.

Sculpt and Tone	Tue, Thurs	8:00-8:55 am	Shari	Training Pool
-----------------	------------	--------------	-------	---------------

**Stretch and Strengthen** – A low impact exercise class held in our warm water training pool. This class is designed to stretch and strengthen the muscles in calm, relaxing environment. Good for those with special considerations.

Stretch & Strengthen	Tue, Thurs	12:00-12:55 pm	Lynne	Training Pool
----------------------	------------	----------------	-------	---------------

**Water Aerobics-** Provides all the benefits of a great cardiovascular and strength conditioning workout while protecting joints from strain. The class is designed to improve joint and muscle flexibility, balance, coordination and strength.

Water Aerobics	Mon, Wed, Fri	9:00-9:55 am	Kris	Lap Pool
Water Aerobics	Mon, Wed	7:30-8:25 pm	Gina	Lap Pool
Water Aerobics	Tue, Thurs	9:00-9:55 am	Veronic	Lap Pool
Water Aerobics	Sat	9:15-10:10 am	Gina	Lap Pool

## BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.  
321 Magnolia Blvd. • Burbank, CA 91502-1132 • v:818.845.8551 • f:818.845.0785 • burbankymca.org

Check with your physician before starting any exercise program.

All Water Aerobics classes will be taught at an intermediate level. If you are a beginner, please inform the instructor on how to modify your workout. If you are looking for a more advanced class, ask the instructor for ways to intensify your workout.

\* Deep Water Exercise is incorporated into all the classes.

**NOTE:** All classes end five minutes before the start of the new class. For the safety of the members there is a maximum of 25 participants for all Water Aerobics classes.

In addition all Water Aerobics classes will be closed to participants 10 minutes after they begin.

For more information regarding all Aquatics programming, contact the Aquatics Department at (818) 845-8551 X 284

---

B U R B A N K   C O M M U N I T Y   Y M C A

---

**FACILITY HOURS**

Monday–Friday 5:30AM - 10:00PM  
Saturday 7:00AM - 6:30PM  
Sunday 12NOON - 5:00PM

**MEMBER SERVICES HOURS**

Monday–Friday 8:00AM – 8:00PM  
Friday 8:00AM – 7:00PM  
Saturday 9:00AM – 6:00PM  
Sunday 1:00PM – 5:00PM

**SCHOLARSHIPS**

Financial assistance applications are available at Member Services and/or