



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS

MAY 2012

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.

Program Code	Days	Time	Instructor	Class Location
AFYAP1	Mon, Wed ,Fri	7:00-8:00 am	Shari	Training Pool
AFYAP2	Mon, Wed ,Fri	8:00-9:00 am	Shari	Training Pool
AFYAP3	Mon, Wed ,Fri	10:00-11:00 am	Shari	Training Pool
AFYAP4	Mon, Wed ,Fri	11:00-12:00 pm	Shari	Training Pool
AFYAP5	Mon, Wed ,Fri	1:00-2:00 pm	Veronic	Training Pool
AFYAP6	Tue, Thurs	11:00-12:00 pm	Veronic	Training Pool
Included with Membership! Registration Required				

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	12:00-1:00 pm	Veronic	Training Pool
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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	8:00-9:00 am	Shari	Training Pool
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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	12:30-1:30 pm	Lynne	Training Pool
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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	9:00-10:00 am	Kris	Lap Pool
Water Aerobics	Mon, Wed	7:30-8:30 pm	Gina	Lap Pool
Water Aerobics	Tue, Thurs	9:00-10:00 am	Veronic	Lap Pool
Water Aerobics	Sat	9:00-10:00 am	Gina	Lap Pool

RED = Indicates a change

Check with your physician before starting any exercise program.

- The level of intensity for each Water Aerobics classes will be determined by the participants.
- For modification to any exercise please speak with the instructor.
- If you have any health concerns please speak with the instructor prior to the class.
- All classes are run on a first come, first serve basis. All classes have a maximum of 25 participants.

NOTE: In addition all Water Aerobics classes will be closed to participants 10 minutes after they begin. All classes end five minutes before the start of the new class.

For more information regarding Aquatic programming please contact the Aquatics Department at (818) 845-8551 X 284.