



Water Aerobics  
 Water Aerobics @ Springfield Family YMCA  
 January 7th - May 26th

300 S Limestone St  
 SPRINGFIELD, OH 45505  
 (937) 323-3781

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>9am</b>	<b>Aqua Zumba</b> Linda Getz 9:30am - 10:15am		<b>Aqua Zumba</b> Linda Getz 9:30am - 10:15am		<b>Friday Finale</b> Mary Ellen Phillips 9am - 10am		
<b>10am</b>	<b>Water Energizer</b> Sandy DePriest 10:15am - 11:15am	<b>Walking &amp; Rocking</b> Sandy DePriest 10am - 10:30am	<b>Water Energizer</b> Sandy DePriest 10:15am - 11:15am	<b>Walking &amp; Rocking</b> Sandy DePriest 10am - 10:30am			
		<b>Moving &amp; Grooving</b> Sandy DePriest 10:30am - 11am		<b>Moving &amp; Grooving</b> Sandy DePriest 10:30am - 11am			
<b>11am</b>		<b>Riding The Tide</b> Sandy DePriest 11am - 11:30am		<b>Riding The Tide</b> Sandy DePriest 11am - 11:30am			
		<b>Deep Water Running</b> Various Teachers 11am - 11:30am		<b>Deep Water Running</b> Various Teachers 11am - 11:30am			
<b>1pm</b>	<b>Arthritis Foundation</b> Sandy DePriest 1:30pm - 2:15pm		<b>Arthritis Foundation</b> Sandy DePriest 1:30pm - 2:15pm		<b>Arthritis Foundation</b> Sandy DePriest 1:30pm - 2:15pm		
<b>5pm</b>	<b>Pool Power</b> Mary Ellen Phillips 5:30pm - 6:15pm		<b>Pool Power</b> Mary Ellen Phillips 5:30pm - 6:15pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



## Class Descriptions Springfield Family YMCA

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**Aqua Zumba** - Jump in for the ultimate NO IMPACT dance party! Same great Zumba music and moves for a total body workout in the water.

**Arthritis Foundation** - This class is designed to improve joint flexibility and is taught by a A.A. certified instructor.

**Deep Water Running** - This class works on muscle tone in your lower body and is held in deep water using a specialized flotation device. Must be comfortable in deep water!

**Friday Finale** - A variety of water exercises from all the aquatic fitness classes.

**Moving & Grooving** - A total body water workout set to upbeat music in the shallow end of the pool.

**Pool Power** - High energy shallow water aerobics.

**Riding The Tide** - A shallow water workout doing various exercises using noodles.

**Walking & Rocking** - A shallow water workout set to upbeat music using various moves across the shallow end.

**Water Energizer** - This class is a low impact aerobics to stretch and tone your body.