

PARTNERSHIP+

ONE MEMBERSHIP | THREE STATE-OF-THE ART FACILITIES | 45 & BETTER



WATER GROUP FITNESS SCHEDULE SPRING 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM GRAND ARBOR AQUAFIT Lori	6:30 AM GRAND ARBOR HYDRORIDER* Alice *Requires Pre-Registration	6:15 AM GRAND ARBOR WAKE UP WORKOUT Alice		6:15 AM GRAND ARBOR WAKE UP DEEP WATER WORKOUT Alice	
		7:30 AM GRAND ARBOR AQUAFIT Alice		7:30 AM GRAND ARBOR AQUAFIT Alice	
9:00 AM GRAND ARBOR AQUAFIT Alice	8:10 AM YMCA SHALLOW WATER POWER Susan	8:10 AM YMCA CORE & CARDIO Susan	8:10 AM YMCA SHALLOW WATER POWER Susan	9:00 AM GRAND ARBOR AQUAFIT Kayla	
9:10 AM YMCA DEEP WATER POWER Leila	9:00 AM GRAND ARBOR GENTLE WAVES Kayla	9:00 AM GRAND ARBOR AQUAFIT Kayla	9:00 AM GRAND ARBOR GENTLE WAVES Lori	9:10 AM YMCA DEEP WATER POWER Susan	
10:00 AM GRAND ARBOR TOTAL KNEE/HIP AQUA CLASS Alice	9:50 AM GRAND ARBOR ACTIVE AGING AQUA Kayla	10:00 AM GRAND ARBOR TOTAL KNEE/HIP AQUA CLASS Alice	9:50 AM GRAND ARBOR ACTIVE AGING AQUA Alice	10:00 AM GRAND ARBOR TOTAL KNEE/HIP AQUA CLASS Alice	Classes are subject to change. Please check the weekly schedule for substitutes & variations. ONLY members 45+ may participate in classes via Knute Nelson at Grand Arbor and the Alexandria Area YMCA.
3:30 PM GRAND ARBOR HYDRORIDER* Alice *Requires Pre-Registration	4:30 PM GRAND ARBOR WHOLE BODY CONDITIONING Lori	4:00 PM GRAND ARBOR DEEP WATER Alice	12:00 PM GRAND ARBOR HYDRORIDER* Stacey *Requires Pre-Registration		
4:00 PM GRAND ARBOR DEEP WATER Alice	5:15 PM YMCA SHALLOW WATER POWER Amanda	5:15 PM GRAND ARBOR HYDRORIDER* Stacey *Requires Pre-Registration	4:30 PM GRAND ARBOR WHOLE BODY CONDITIONING Stacey		

Nelson Wellness Center at Grand Arbor
4403 Pioneer Road SE

Alexandria Area YMCA
110 Karl Drive

Nelson Wellness Center at Nelson Gables
1220 Nokomis Street

GROUP FITNESS DESCRIPTIONS SPRING 2019

YMCA WATER CLASS DESCRIPTIONS:

Shallow Water Power: This high intensity class delivers an aerobic workout along with strength in shallow water.

Deep Water Power: This high intensity class will use flotation belts to suspend participants in deep water for a no-impact workout including cardio and muscle strengthening.

Core & Cardio: This class will focus on strengthening your core, but also burning calories as you incorporate cardio moves throughout.

GRAND ARBOR WATER CLASS DESCRIPTIONS:

Active Aging Aqua: Entry level small group pool class designed for residents or deconditioned participants who are able to exercise without one-to-one assistance. This class is set at a slow pace, includes breaks and covers basic pool exercises.

AquaFit: Improve your agility, flexibility and cardiovascular endurance. No swimming ability is required, and a variety of aquatic resistance tools are used to develop strength, balance and coordination.

Deep Water Exercise: A fun, high tempo class that takes place in the deep water of the pool. Participants will challenge their core through suspended training and work on building strength and cardio endurance through water resistance.

Gentle Waves: This program incorporates the buoyancy of water and soothing warm water to make a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while building stronger muscles and overall stamina.

Hydrorider: This 30-minute class provides a user-friendly, water cycling class that's perfect for any skill level. Buoyancy provides support for your joints and your resistance level is based on your own effort. It's a full-body cardio workout that provides a unique biking experience for the beginner to the veteran athlete. *THIS IS A SIX WEEK SESSION AND PRE-REGISTRATION IS REQUIRED.*

Total Knee and Hip Class: Whether you are trying to increase strength and flexibility in preparation for your scheduled knee or hip surgery or after your total knee or hip replacement, continue on your road to recovery and wellness. Once physical therapy has ended, join us for a fun class that includes strength, flexibility, range of motion, balance and is physical therapy principle based in our warm water pool.

Wake Up Workout: Jump start your morning with this fun, high intensity pool class. A variety of flexibility, strength, and cardio exercises will add variety and challenge in both the shallow and deep water. Come get your workout in early and feel great the rest of the day!

Whole Body Conditioning: This class is a moderate intensity and will primarily take place in the shallow water. A fun, complete workout using a variety of resistance tools to enhance cardio and strength.