



<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>POOL</u>	<u>CLASS DESCRIPTION</u>	
<u>MONDAY</u>					
6-6:45 a.m.	Aqua Zumba	Carla	Family	<p><u>Active for Life:</u> low intensity- This class provides exercises for those who experience joint pain and stiffness. The exercises provide gentle range of motion to help with joint mobility.</p> <p><u>Aquacise :</u> low intensity – This shallow water class provides gentle range of motion exercises that improves cardiovascular health, muscle endurance, and joint mobility.</p> <p><u>Rise & Shine :</u> mid intensity- This class features both shallow and deep water exercises that incorporates muscle toning, endurance and cardiovascular exercises.</p> <p><u>Water Works:</u> mid intensity- This class features both shallow and deep water exercises that will help with strength, endurance, and cardiovascular health. Let our instructors show you how much fun exercising can be!</p> <p><u>Smile-n-Breathe :</u> mid – high intensity –This class utilizes both shallow and deep water to give you a full body workout Improving, cardio, core strength and endurance! We'll make sure you're smiling throughout your entire workout!</p> <p><u>Aqua Zumba:</u> mid intensity – Elevate your heart-rate by “shaking it” in the water to some great tunes. This is a great best splashing, wave party around!</p> <p><u>Water 2 the Core :</u> high intensity – High energy class will strengthen & tone while giving you a heart-pumping cardio workout. “John will work you to the core & hit every muscle on the way!”</p> <p><u>H2O BOOGIE:</u> mid intensity- Dance Inspired moves and a GREAT TIME!!</p> <p><u>H2O FIT:</u> mid- high intensity. This class will get your heart Pumping and your body moving!!</p>	
7-8 a.m.	Rise & Shine	Denise	Lap		
9-10 a.m.	Smile-n-Breathe	Deanna	Lap		
9-10 a.m.	Aquacise	Darlene	Family		
2:45-3:30 p.m.	Active for life	Georgia	Family		
5:30-6:15 p.m.	Aqua Zumba	Carla	Family		
<u>TUESDAY</u>					
6-6:45 a.m.	Aqua Zumba	Carla	Family	<p><u>Smile-n-Breathe :</u> mid – high intensity –This class utilizes both shallow and deep water to give you a full body workout Improving, cardio, core strength and endurance! We'll make sure you're smiling throughout your entire workout!</p> <p><u>Aqua Zumba:</u> mid intensity – Elevate your heart-rate by “shaking it” in the water to some great tunes. This is a great best splashing, wave party around!</p> <p><u>Water 2 the Core :</u> high intensity – High energy class will strengthen & tone while giving you a heart-pumping cardio workout. “John will work you to the core & hit every muscle on the way!”</p> <p><u>H2O BOOGIE:</u> mid intensity- Dance Inspired moves and a GREAT TIME!!</p> <p><u>H2O FIT:</u> mid- high intensity. This class will get your heart Pumping and your body moving!!</p>	
7-8 a.m.	Rise & Shine	Darlene	Lap		
9-10 a.m.	H2O Boogie	Jo	Lap		
9-9:45 a.m.	Aquacise	Darlene	Family		
9:45-10:30 a.m.	Active for life	Beulah	Family		
1-1:45 p.m.	Aquacise	Karen	Family		
2:45-3:30 p.m.	Active for Life	Georgia	Family		
5:30-6:15 p.m.	Water Works	Jan	Family		
<u>WEDNESDAY</u>					
6:00-6:45 a.m.	Aqua Zumba	Carla	Family	<p><u>Smile-n-Breathe :</u> mid – high intensity –This class utilizes both shallow and deep water to give you a full body workout Improving, cardio, core strength and endurance! We'll make sure you're smiling throughout your entire workout!</p> <p><u>Aqua Zumba:</u> mid intensity – Elevate your heart-rate by “shaking it” in the water to some great tunes. This is a great best splashing, wave party around!</p> <p><u>Water 2 the Core :</u> high intensity – High energy class will strengthen & tone while giving you a heart-pumping cardio workout. “John will work you to the core & hit every muscle on the way!”</p> <p><u>H2O BOOGIE:</u> mid intensity- Dance Inspired moves and a GREAT TIME!!</p> <p><u>H2O FIT:</u> mid- high intensity. This class will get your heart Pumping and your body moving!!</p>	
7-8 a.m.	Rise & Shine	Denise	Lap		
9-10 a.m.	Smile-n-Breathe	Deanna	Lap		
9-10 a.m.	Aquacise	Deb	Family		
2:45-3:30 p.m.	Active for life	Georgia	Family		
5:30-6:30 p.m.	Water 2 the Core	John	Family		
6:30-7:30 p.m.	Aqua Zumba	Carla	Family		
<u>THURSDAY</u>					
7-8 a.m.	Rise & Shine	Darlene	Lap		<p><u>Smile-n-Breathe :</u> mid – high intensity –This class utilizes both shallow and deep water to give you a full body workout Improving, cardio, core strength and endurance! We'll make sure you're smiling throughout your entire workout!</p> <p><u>Aqua Zumba:</u> mid intensity – Elevate your heart-rate by “shaking it” in the water to some great tunes. This is a great best splashing, wave party around!</p> <p><u>Water 2 the Core :</u> high intensity – High energy class will strengthen & tone while giving you a heart-pumping cardio workout. “John will work you to the core & hit every muscle on the way!”</p> <p><u>H2O BOOGIE:</u> mid intensity- Dance Inspired moves and a GREAT TIME!!</p> <p><u>H2O FIT:</u> mid- high intensity. This class will get your heart Pumping and your body moving!!</p>
9-10 a.m.	H2O Boogie	Jo	Lap		
9-9:45 a.m.	Aquacise	Marti	Family		
9:45-10:30 a.m.	Active for life	Beulah	Family		
1-1:45 p.m.	Aquacise	Karen	Family		
2:45-3:30 p.m.	Active for Life	Georgia	Family		
5:30-6:15 p.m.	Water Works	Jan	Family		
<u>FRIDAY</u>					
7-8 a.m.	Rise & Shine	Denise	Lap	<p>Classes are <i>FREE</i> to all Y members 15 & over. Children under 15 admitted w/parent, but some restrictions apply. Non-members can also participate by purchasing a punch card at the front desk.</p>	
9-10 a.m.	Smile-n-breathe	Deanna	Lap		
9-10 a.m.	Aquacise	Deb	Family		
2:45-3:30 p.m.	Active for life	Georgia	Family		
<u>SATURDAY</u>					
8-9 a.m.	Water 2 the Core	John	Family	<p>Most classes can be adapted to meet the needs of many different fitness levels!</p>	
9-10 a.m.	H2O Fit	Joni	Family		



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS PUNCH CARD
HUTCHINSON YMCA

2016

All classes are designed to meet the needs of many different fitness levels.

Aquacise H2O FIT Water Works Arthritis Rise and Shine
Smile-n-Breathe Aqua Zumba Water 2 the Core H2O BOOGIE

Please note: Punch cards are non-transferable and expire one year from purchase date. Please have your card punched each day at the front desk. This Punch card is for water fitness classes only. One punch per class attended. Patrons must participate in the class. If you wish to lap swim, water walk, “do your own thing”, etc. then you will need to purchase a day pass. If you forget your card, you will need to pay a guest fee or purchase another card.

MEMBER FEE: FREE Must show enrollee’s membership card

PROGRAM PARTICIPANT FEE: \$60.00 for 15 class punch card Financial assistance is available
If you have any questions, please contact Deanna, YMCA of Hutchinson Aquatic Department @ #620-662-1203

HUTCHINSON YMCA WATER FITNESS PUNCH CARD

NAME: _____ AGE: _____

DOB: _____ GENDER: _____

ADDRESS: _____

HOME/CELL #: _____ EMAIL: _____

Which water fitness class and class time do you plan on attending at the Y?

PROGRAM PARTICIPANT: \$60 for 15 class punch card

MEMBER FEE: FREE

Refunds are not given

Financial assistance available

Punch Card is non-transferable

Waiver & Consent: I hereby for myself and my agents waive and release any and all rights and claims for damages I may have against the YMCA and instructor for any and all injuries received by myself or agents in connection with the program. I consent to and authorize the use of photographs or video footage taken for the use of promotional materials by the YMCA of Hutchinson & Reno County. I will not hold the aforementioned institution liable for any damages resulting from publication of the photograph(s).

Participant’s Signature Date Receipt # (office use) Card # (office use)

Bring form to: YMCA 716 E. 13th Hutchinson, KS 67501 (620-662-1203) www.hutchymca.org

Part of our community, part of your life