



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Fall 2018 AQUA EFFECTIVE 9/4—12/31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SilverSplash 8:00-9:00am Kimberley pool		SilverSplash 8:00-9:00am Kimberley pool		Deep Water 8:00-9:00am Sue pool
Aqua Circuit 8:30-9:30am Robin pool		Aqua Circuit 8:30-9:30am Robin pool		Aqua Circuit 8:30-9:30am Robin pool	
	Arthritis Aquatics 9:00-10:00 am Kimberley pool		Arthritis Aquatics 9:00-10:00 am Kimberley pool		
	Deep Water 9:00-10:00 am Robin pool		Deep Water 9:00-10:00 am Robin pool		
Arthritis Aquatics 1:00—2:00 pm Debbie pool		Arthritis Aquatics 1:00—2:00 pm Debbie pool		Arthritis Aquatics 1:00—2:00 pm Debbie / Pool	Group X Key:
					Water Class Additional Charge
Deep Water 6:15-7:15 pm Sue pool		Deep Water 6:15-7:15 pm Sue pool			

- If you are new to a class, please let the instructor know, they will help you get started
- Due to inability to warm-up properly, please refrain from entering class after warm-up has finished
- Punch cards may be purchased at discounted rate

WATER CLASSES FOR MEMBERS:
 \$5/Drop-In or \$10 per month
 Couple (2) \$15 per month
 Family: \$25 per month

COMMUNITY MEMBER:
 \$6/Drop-In or \$15 per month
 Couple (2) \$25 per month
 Family: \$35 per month

PROGRAM PARTICIPANTS:
 \$10/Drop-In

Questions? Contact:
 Donna Lombardo
 Group Exercise Coordinator
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GROUP EXERCISE CLASS DESCRIPTIONS

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WATER CLASSES

Arthritis Aquatics: The Arthritis Foundation/YMCA Aquatic program is designed especially for those persons with arthritis. It is also great for individuals beginning an exercise program, rehabilitating from surgery or suffering from minor back problems.

Aqua Circuit: Add deep water, shallow water, steps, dumb bells, tubing, and flotation belts into a circuit training format and you will have one of the best workouts in water or on land!

Hydrofit: Push yourself for a high-intensity cardio workout or tone it down for a nice refreshing workout with water resistance and equipment for more challenge.

Deep Water: Attain muscle strength and endurance with aerobic exercise without joint impact by using a variety of resistance equipment in the deep end.

SilverSneakers Splash: Splash offers fun, shallow-water movement to improve agility, balance, coordination and flexibility while addressing cardiovascular, strength and endurance conditioning using a SilverSneakers kickboard and other aquatic equipment.