



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A SPLASH WITH US

WATER FITNESS AT THE PISCATAQUIS REGIONAL YMCA

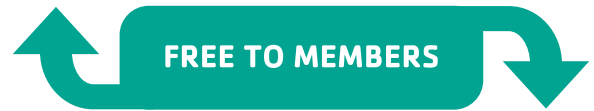
WATER WELLNESS 60 min. class S D

This warm-water exercise program has been shown to reduce pain and improve overall health. It is designed for members with recent joint replacements, arthritis, fibromyalgia, and other neuromuscular complications. Exercises focus on maintaining range of motion within the joints, muscle-strengthening, pain management and socialization activities. The support of the water aids in balance, circulation and increased flexibility. Each session provides a friendly and supportive environment that encourages social interaction. Although the classes are held in the water, swimming skills are not necessary. Talk to your doctor today about getting a prescription for this class and register for a 6 week session!

\$30 for members, \$60 for non-members

A.M. AQUACISE 60 min. Class S

Start your day on the right foot with this low to moderate intensity class. Designed to enhance balance, flexibility, and strength, this class offers a little bit of everything. You're sure to laugh, sweat, and smile your way through this class – at A.M. Aquacise you're more than just a face in the crowd, you're part of the fitness family.



POWER WAVES 60 min. class S D

Be ready to work in this moderate to high intensity class. With a focus on increasing strength, expect to use weights, noodles, kickboards, and more to enhance this always evolving workout. Participants are encouraged to use one of the provided flotation belts for the deep end portion of the class, or go without for an even greater challenge.

- S Shallow end
- D Deep end

*2 lanes only for lap swimmers available during Water Wellness and Power Waves
** Up to 5 swimmers per lane, first come first serve.
*** This class is self guided x3 days a week and instructor led x2 days a week.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30AM	AM Aquacise Instructor Led	AM Aquacise Self Guided	AM Aquacise Instructor Led	AM Aquacise Self Guided	AM Aquacise Self Guided
11:00AM	Water Wellness*		Water Wellness*		
6:00PM & 6:30PM	Power Waves* 6:30pm-7:30pm		Power Waves* 6:00pm-7:00pm		