



GROUP WATER EXERCISE SCHEDULE

Minnesota Valley YMCA
PHONE: 952-230-9622

January 9th, 2011 - April 15th, 2012

Facility Hours

Monday - Friday 5:00am- 10:00pm
Saturday 6:00am 9:00pm
Sunday 6:00am-9:00pm

Kids Stuff Hours

Monday - Thursday 8:00am- 8:30pm
Friday 8:00am-8:00pm
Saturday 8:00am-4:00pm
Sunday 9:00am-6:00pm

Lap=Lap Pool

Leisure=Leisure Pool

Bold = New classes

Ages 10-14 must have an adult with them to participate in the class. This is up to the teachers discretion.

Monday				Thursday			
time	class	location	instructor	time	class	location	instructor
6:30 - 7:15 am	Water X Power	Lap	Janice	8:00 - 8:45 am	Deep Water X Power	Lap	Linda
8:00 - 8:45 am	Deep Water X	Lap	Nanette	9:00 - 9:45 am	Multiple Sclerosis Aquatic	Lap	Linda
9:00 - 9:45 am	Water X	Lap	Nanette	10:00 - 10:45 am	Fibromyalgia Interval Training	Lap	Nanette
10:00 - 10:45 am	Water X	Lap	Meg	11:00 - 11:45 am	Arthritis Water X	Lap	Nanette
11:00 - 11:45 am	Arthritis Water X	Lap	Meg	1:00 - 1:45 pm	AOA Water X	Lap	Nanette
7:15 - 8:00 pm	Water X	Lap	Jessica				

Tuesday				Friday			
time	class	location	instructor	time	class	location	instructor
6:30 - 7:15 am	Water X	Lap	Dawn	6:30 - 7:15 am	Deep Water X Power	Lap	Linda
8:00 - 8:45 am	H2O Flow	Lap	Linda	8:00 - 8:45 am	H2O Flow	Lap	Linda
9:00 - 9:45 am	Multiple Sclerosis Aquatic	Lap	Nanette	9:00 - 9:45 am	Water X	Lap	Nanette
10:00 - 10:45 am	Fibromyalgia Interval Training	Lap	Nanette	10:00 - 10:45 am	Water X	Lap	Meg/Jessica
11:00 - 11:45 am	Arthritis Water X	Lap	Kathie	11:00 - 11:45 am	Arthritis Water X	Lap	Jessica
1:00 - 1:45 pm		0 Lap	Jessica				

Wednesday				Saturday			
time	class	location	instructor	time	class	location	instructor
6:30 - 7:15 am	Deep Water X	Lap	Michele	7:30 - 8:15 am	Water X	Lap	Rotation
8:00 - 8:45 am	Water X	Lap	Nanette				
9:00 - 9:45 am	Water X	Lap	Nanette				
10:00 - 10:45 am	Water X	Lap	Meg				
11:00 - 11:45 am	Arthritis Water X	Lap	Meg				
7:15 - 8:00 pm	Deep Water X Power	Lap	Tim				

Sunday			
time	class	location	instructor

Ages 10-14 must have an adult with them to participate in the class. Participation is at the discretion of the class instructor

All classes are subject to cancellation due to low attendance

YMCA Water X:

This class combines a light to moderate aerobic workout with exercises in the shallow and deep water to help increase endurance, core strength, and flexibility. There is limited use of equipment.

YMCA Water X Power:

This class is a high intensity workout with a combination of shallow and deep water exercises which focus on increasing strength and endurance for the upper and lower body and A variety of equipment is used in this class.

Deep Water X Power:

A high intensity water workout that offers exercises for every body part without any impact on the lower body. A buoyancy belt is required to create and maintain balance and po

Multiple Sclerosis Aquatics Program:

The class is taught by a certified National Multiple Sclerosis Society Aquatics Instructor. Our goals are to improve muscle strength and balance, increase body awareness and cir reduce spasticity and maintain or improve overall feeling of well-being. This class is limited to people who have Multiple Sclerosis.

Arthritis Foundation YMCA Aquatics Program:

This class will be conducted by instructors who have been trained and certified through the Arthritis Foundation. Specific exercises approved by the Arthritis Foundation include w gentle stretching, flexion, extension & range-of-motion. This is an excellent class for beginning exercisers, those who haven't exercised for some time, pre-surgery for strengthen post surgery for rehabilitation. You do NOT have to have arthritis to participate. No swimming skills necessary

AOA YMCA Water Wellness:

This class combines a light to moderate aerobic workout with exercises in the shallow and deep water to help increase endurance, core strength, and flexibility. There is limited u of equipment.

Fibromyalgia Interval Training (FIT):

This water exercise is designed to help people with fibromyalgia manage pain, stiffness and fatigue. It is a cardiovascular interval class performed in shallow/deep water, it inclu stretching, upper and lower body exercises, aerobic and strengthening exercise, warm-up, cool-down and relaxation periods. You do NOT have to have fibromyalgia to participat swimming skills are necessary.

1. Attend a class that is appropriate to your personal fitness level
2. Be on time and stay for the entire class so you get a proper cool down
3. Refrain from "doing your own thing". Follow the instructions given by the instructor.
4. If you need to modify your routine, please let the instructor know before class
5. Limit your conversation in class, it is disruptive for other members
6. We encourage you to bring water bottles to stay hydrated during class
7. Please refrain from perfumes in the pool area.