

# MARIN YMCA • WATER FITNESS CLASS SCHEDULE

7/1/19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Basic Strength 8:00–8:55 am Chris S.	Aqua Boot Camp 8:00–8:55 am Gayle (#)	Basic Strength 8:00–8:55 am Gayle	Aqua Boot Camp 8:00–8:55 am Gayle (#)	Basic Strength 8:00–8:55 am Chris S.	Aqua Boopt Camp 8:00–8:55 am Gayle (#)
	Advanced Strength 9:00–9:55 am Staff	Advanced Strength 9:00–9:55 am Gayle	WATER in MOTION 9:00–9:55 am Gayle (#)	Advanced Strength 9:00–9:55 am Ellen	Advanced Strength 9:00–9:55 am Gayle	Advanced Strength 9:00–9:55 am Gayle
	Adaptive Strength 10:00–10:55 am Jan	WATER in MOTION 10:00–10:55 am Rick	Adaptive Strength 10:00–10:55 am Rick	Basic Strength 10:00–10:55 am Nan	Adaptive Strength 10:00–10:55 am Jan	
		Adaptive Strength 2:00–2:55 pm Toby		Adaptive Strength 2:00–2:55 pm Toby		
	WATER in MOTION 6:00–6:55 pm Nan		Aqua Zumba 6:00–6:55 pm Lucy			

## WATER FITNESS CLASS DESCRIPTIONS

**Aqua Basic Strength** - Water is a strength-training format suitable for everyone. This class utilizes the resistance properties of water to strengthen the core, upper and lower body; as well as providing cardiovascular conditioning.

**Aqua Advanced Strength** - Same foundations of our Aqua Basic Strength, but at a more vigorous pace.

**Aqua Adaptive Strength** - Same foundations as our Aqua Basic Strength. More modifications offered and extra focus on range of motion and strength.

**Aqua Boot Camp** - This is a fast-paced, high energy workout in the pool incorporating running, strength training, abdominal work and water suspension to increase cardiovascular endurance and muscle strength. **REQUIRES:** Pool exercise fundamentals, use of equipment and ability to move rapidly in water.

**Aqua Zumba®** - Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

## POOL & SPA RULES

1. Respect the lifeguards decisions and directions at all times.
2. Please walk at all times.
3. California Health Code requires member to take a full soap shower before using the pool or spa.
4. Swimming suits are mandatory. Swim diapers are required for children that are not potty trained. Gym clothes and cotton of any kind are not permitted in the pool or spa.
5. Children under the age of 7 must be accompanied in the water by an adult 18 and older.
6. Floatation devices must be Coast Guard approved. Any child using a floatation device needs to be arm's reach of a parent or guardian.
7. Diving, back flips, backwards jumps, rough housing, fighting, and use of profanity are not allowed in or around the pool
8. Patrons with communicable diseases or open wounds SHALL NOT use the pool or spa.
9. Please no food, soda, gum, or sports drinks on the pool deck. Water is allowed.
10. Cell Phones are only in the lobby area.
11. No unauthorized photography.
12. Please swim underneath the lane lines.
13. Spa users are recommended to spend up to 10 minutes in the spa.
14. During lap swim time we ask you to pass at the wall.
15. Lifeguards will adjust the lane speed as necessary.
16. Please circle swim at all times.

To reserve your spot in a class up to 24 hours in advance, go to [ymcasf.org/marin](http://ymcasf.org/marin) and click on "Up to the minute Group Exercise Schedule". For more information contact Megan Turrell at 415-446-2132 or [mturrell@ymcasf.org](mailto:mturrell@ymcasf.org).

