



New Canaan YMCA

SUMMER Water Fitness Class Schedule

Schedule also available online at www.newcanaanymca.org

Schedule effective Monday January 11, 2010.

Classes open to all New Canaan YMCA Members 15 years of age and older.
Nonmember: \$30/day

R = Rec Pool V = Valles Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30AM R Hydrofit Lavina	7:30-8:30AM R Hydrofit Maryann	7:30-8:30AM R Hydrofit Maryann	7:30-8:30AM R Hydrofit Lavina	7:30-8:30AM R Deep Water Maryann
	8:30-9:30 AM R Hydrofit Maryann		8:30-9:30 AM R Hydrofit Suzan/Lavina	8:30-9:15AM R Ai Chi Maryann
10:30-11:30 AM V PRE & POST NATAL WATER Deb		10:30-11:30 AM V PRE & POST NATAL WATER Deb		
12:00-12:45 PM R Aquamates Frany		12:00-12:45 PM R Aquamates Frany		12:00-12:45 PM R Aquamates Maryann
8:15-9:15PM R Hydrofit Sonia		8:15-9:15PM R Hydrofit Sonia		

HYDROFIT: This complete water exercise program is taught mostly in the shallow water with some time also spent in the deep end. The workout focuses on cardiovascular endurance, muscular strength and endurance, as well as flexibility.

AI CHI: This class brings the principles of Tai Chi to the water. Enjoy this unique blend of balance, relaxation, and mental concentration.

AQUAMATES: This water exercise class is specifically designed for active older adults. High-energy, fun class, great for improving physical, social, and mental well being!

PRE/POST NATAL WATER: This is a water class in the Valles pool for pre and post natal moms. Please see brochure for details and sign up at the front desk.