



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# WORKOUT IN THE WATER

Benefits of exercise in the water include lower impact on joints and bones, higher resistance for muscle toning and greater workout intensity! Classes are held year round rain or shine, but may be cancelled periodically due to inclement weather conditions such as thunder and lightning. Free for YMCA members. Drop in, ongoing program. All fitness levels welcome! Water shoes are encouraged to provide support, traction and protection from the pool floor.

**Program Held at:**

This program is held at the Lakewood Ranch Branch YMCA pool.

## SUMMER SCHEDULE 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>WATERinMOTION®</u></b> 9:30-10:30AM <b>Instructor:</b> <b>Val Shanaberger</b></p> <p>A pre-choreographed, quarterly-released group aqua exercise program with land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 55 minute water extravaganza.</p>	<p><b><u>WATERinMOTION®</u></b> 9:30-10:30AM <b>Instructor:</b> <b>Val Shanaberger</b></p> <p>A pre-choreographed, quarterly-released group aqua exercise program with land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 55 minute water extravaganza.</p> <p><b><u>Deep Water</u></b> 10:30-11:30 <b>Instructor: Sandy Dolan</b> *Class Size Limited*</p> <p>Designed for all fitness levels, this class incorporates both high and low intensity suspended movements to build cardiovascular fitness, strengthen and tone muscles, improve flexibility and burn body fat. Have fun while you strengthen, tone and splash away pounds. Gentle on your joints yet challenging enough to reach new fitness levels.</p>	<p><b><u>H2O Hi/Lo</u></b> 9:30-10:30AM <b>Instructor:</b> <b>Charlene Schmitt</b></p> <p>Tone and stretch your way into shape! Great way to meet new people and exercise at the same time. Easy class to follow. Come stimulate your mind, body and spirit!</p>	<p><b><u>Aqua Hour</u></b> 9:30-10:30AM <b>Instructor:</b> <b>Marni Mount</b></p> <p>Make your day your masterpiece by starting with a great aerobic workout where you gain muscle and bone strength, flexibility and balance. I promise you will have a blast while exercising. You will be inspired not required to join my class, so don't be shy guys and gals-give this class a whirl.</p> <p><b><u>Senior Strength</u></b> 10:30-11:30 <b>Instructor:</b> <b>Marni Mount</b></p> <p>Slow paced movement with concentration on balance. Slight elevation in heart rate and mostly using just your bodies to manipulate and resist against the flow of water.</p>	<p><b><u>Aqua Pilates with Intervals</u></b> 9:30-10:30AM <b>Instructor:</b> <b>Andrea Way</b></p> <p>Fun, new way to build lean muscle, alternating cardio with muscle conditioning, flexibility and stretches. Come to improve your balance while strengthening your core muscles.</p> <p><b><u>WATERinMOTION®</u></b> 10:30-11:30 <b>Instructor:</b> <b>Sandy Dolan</b></p> <p>A pre-choreographed, quarterly-released group aqua exercise program with land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 55 minute water extravaganza.</p>

**Contact Information:** Courtney Hancock, Program Executive Director (Aquatics) 941-798-9622 ext. 321 or email at [chancock@manateeymca.org](mailto:chancock@manateeymca.org).

**OUR MISSION:** To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Lakewood Ranch YMCA  
MANATEEYMCA.ORG