



**OUTDOOR
HEATED POOL!!**

WATER FITNESS SCHEDULE

LAKWOOD RANCH YMCA—JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Starting 1/12/19					
<p>Aqua HIIT 8:30-9:30AM Instructor: Sandy Dolan</p> <p>Wake up with a total-body water workout including intervals and endurance training all in one class. This class is sure to push your fitness levels across the board.</p>	<p>Deep Water 8:30-9:30AM Instructor: Sandy Dolan</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.</p>	<p>Aqua HIIT 8:30-9:30AM Instructor: Sandy Dolan</p> <p>Wake up with a total-body water workout including intervals and endurance training all in one class. This class is sure to push your fitness levels across the board.</p>	<p>Deep Water 8:30-9:30AM Instructor: Sandy Dolan</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.</p>	<p>Deep Water 8:30-9:30AM Instructor: Sandy Dolan</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.</p>	<p>WATERinMOTION®</p> <p>8-9AM Instructor: **Sandy Dolan**</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>WATERinMOTION® 9:30-10:30AM Instructor: Val Shanaberger</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>WATERinMOTION® 9:30-10:30AM Instructor: Val Shanaberger</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>H2O Hi/Lo 9:30-10:30AM Instructor: Charlene Schmitt</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 spirit, body, and mind!</p>	<p>Aqua Hour 9:30-10:30AM Instructor: Marni Mount</p> <p>Make your day your masterpiece by starting with a great aerobic workout where you gain muscle and bone strength, flexibility and balance. You will have a blast while exercising!</p>	<p>Aqua Pilates with Intervals 9:30-10:30AM Instructor: Andrea Way</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.</p>	<p>Deep Water 9-10AM Instructor: **Sandy Dolan**</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.</p>
<p>FUN-bata 10:30-11:30AM Instructor: Andrea Way</p> <p>"Fun-bata" is a fun way to be introduced to Tabata style exercises in the water using props. Fun-bata will add fun and playful exercises to timed cycles and rounds and combine fun props.</p>	<p>LAKWOOD RANCH YMCA 5100 Lakewood Ranch Blvd, Lakewood Ranch, FL 34211</p> <p>FOR MORE INFORMATION: Contact Colby Hall at 941-798-9622 x341 or email</p>		<p>Senior Strength 10:30-11:30AM Instructor: Marni Mount</p> <p>Slow paced movement with concentration on balance. Slight elevation in heart rate.</p>	<p>Tabata 10:30-11:30AM Instructor: Andrea Way</p> <p>4 minute cycles of high-intensity exercises that are performed in 20 seconds with a 10 second rest. Each class starts with a warm up with a preview of the exercises and ends with stretches.</p>	