



**OUTDOOR  
HEATED POOL!!**

# WATER FITNESS SCHEDULE

LAKEWOOD RANCH YMCA— SPRING/SUMMER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Starting 1/12/19*					
<p><b>Aqua HIIT</b> 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><b>Deep Water</b> 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><b>Aqua HIIT</b> 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><b>Deep Water</b> 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><b>Deep Water</b> 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><b>WATERinMOTION®</b></p> <p><b>8-9AM</b> 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><b>WATERinMOTION®</b> 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><b>WATERinMOTION®</b> 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><b>H2O Hi/Lo</b> 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><b>Aqua Hour</b> 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><b>Aqua Pilates with Intervals</b> 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><b>Deep Water</b> 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><b>FUN-bata</b> 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><b>LAKEWOOD RANCH YMCA</b> 5100 Lakewood Ranch Blvd, Lakewood Ranch, FL 34211</p> <p><b>FOR MORE INFORMATION:</b> Contact Katelyn Goll at 941-798-9622 x405 or email kgoll@manateeymca.org</p>		<p><b>Senior Strength</b> 10:30-11:30AM Instructor: Marni Mount</p> <p>Slow paced movement with concentration on balance. Slight elevation in heart rate.</p>	<p><b>Tabata</b> 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>	