

**Aquatic Fitness Classes at the
YMCA of McDonough County**

(Adults and those 14 years old and older)



Water exercises help ease stiff joints, build strength, and relax sore muscles. Water's buoyancy reduces pressure on joints by providing a feeling of weightlessness; thus, exercises that would be impossible on land can be performed with ease in water. Water also provides some resistance, so that muscles can increase in strength over time.

If you have arthritis, exercise is essential. Exercise is important for healthy joints and strengthening the muscles around joints.

Looking for an exercise program to help improve your arthritis?

Arthritis Aquatics at the YMCA is a class with exercises for range of motion in water, with guidance from a trained instructor. The class will help you gain strength and flexibility.

Try Arthritis Aquatics!

Water Fitness Class Schedule at a glance!

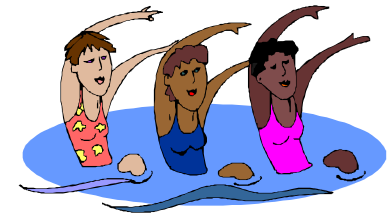
Dates		Activity
June 6—July 23, 2011	Monday thru Friday 8:30 — 9:30 am	Waterobics 3*
	Mon, Wed, Fri 2:00 — 3:00 pm	Water Workout 2*
	Tuesday-Thursday 2:00 — 3:00pm	Arthritis Aquatics 1*
	Monday & Wednesday 7:15—8:00 pm	AquaFit 3*

* Denotes level of intensity at which the class is taught.

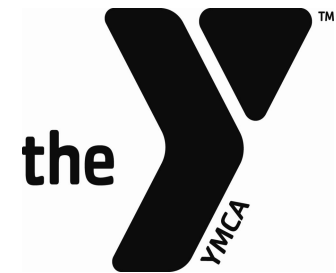
2011 CLASS SESSION

**YMCA of
McDonough
County
2011**

Water Fitness



*400 East Calhoun
Macomb, Il 61455
(309) 833-2129
www.macombymca.org*



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA Aquatics programs provides a friendly and supportive atmosphere in which you can make new friends and try new activities.

Come join the fun!

Arthritis Foundation

YMCA Aquatic Program* - Level 1 -

The class is designed for those with arthritis and similar disease processes. The program is based upon the Greater Illinois Chapter of the Arthritis Foundation. Instructors are trained and qualified by the Arthritis Foundation. Instructors are trained and qualified by the Arthritis Foundation and YMCA of the USA partnership. Class size is limited. Pool will not be open for Lap Swim during this class. The class is offered during all sessions. Now is the time to take advantage of the benefits of water exercise!

Fees: \$80/Session

(Y Member \$32/Session)

*Class is not included in the Options-Plus membership



Water Fitness

Water Workout - Level 2

This class is designed for the older or less fit adult. Gentle exercises will focus on stretching, toning, and strengthening muscles. The aerobic segment will allow participants of different fitness levels to fully participate and gain cardiovascular benefits. This class meets Monday, Wednesday, and Friday during each session. Pre-registration is not required for this class. A lap lane is available for seniors wishing to swim laps.

Fees: \$4 per Class (Y Member \$1 per Class)

Waterobics - Level 3

Participants in this class will improve their fitness level through water exercises. The 30 minutes of aerobic activity is ideal for those who desire a low impact workout. Range of motion activities, stretching, and muscle conditioning exercises using a variety of props will complete the water experience. Swimmers and non-swimmers are welcome. Class meets Monday through Friday with an abbreviated schedule during Break Weeks.

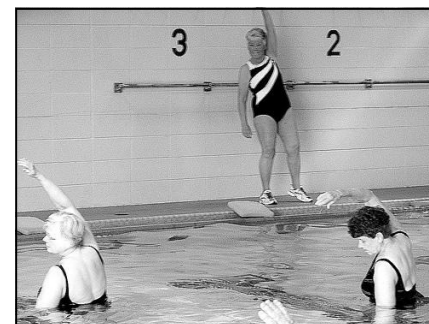
Fees: \$87.50/Session (Y Member \$35/Session)

Aqua Fit - Level 3+

This is an excellent water class for those who want to intensify their workout. A combination of water running, waterobics, intervals, and the use of props will keep the workout varied. Participants choose their level of intensity to suit their individual needs. Class utilizes the deep end - minimal swimming skills required. The class meets Monday and Wednesday evenings during sessions.

Fees: \$65/Session (Y Member \$26/Session)

Saturday Class: \$36.25 (Y Member \$14.50)



All Aquatic Fitness Classes are ranked by Levels 1,2,3, and 3+ to denote the intensity of the workout and the stamina required to fully participate. However, in all classes each participant is encouraged to work at his/her own pace and intensity.

The Aquatic Fitness programs at the YMCA are 7 week sessions with Five sessions a year.

Option-Plus - Join the Option-Plus Locker Room and you receive two classes per session along with towel and locker service FREE of charge! Simply register for the classes that you plan to attend both on land and in the water. *(Some restrictions apply)*

Fitness Classes - Break Weeks

Exercise classes offered during the Break Weeks between sessions are **FREE** to YMCA members.

Non-members may purchase a Break Week Pass for either 7 or 14 classes.

Fee: \$88 (14 classes) \$44 (7 classes)

*Entitles holder to class participation only.
Not facility usage.*

Be sure to check the schedule at the Front Desk for class offerings and times.

**Another advantage of a
YMCA membership!**