



We build strong kids, strong families, strong communities.

Hampton Family YMCA

1322 LaSalle Ave., Hampton, VA 23669 (757) 722-9044

August-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shallow Water Aerobics (*) 9:00 AM-10:00 AM Evin	Deep Water Aerobics (M) 9:00 AM-10:00 AM Evin	Shallow Water Aerobics (*) 9:00 AM-10:00 AM Evin	Deep Water Aerobics (M) 9:00 AM-10:00 AM Evin	Shallow Water Aerobics (*) 9:00 AM-10:00 AM Evin	Shallow Water Aerobics (*) 8:15 AM-9:00 AM Jim	
Twinges N Hinges (L) Low 10:00 AM-10:45 AM Nancy		Twinges N Hinges (L) Low 10:00 AM-10:45 AM Nancy		Twinges N Hinges (L) Low 10:00 AM-10:45 AM Nancy		
SilverSplash (L) Low 11:00 AM-12:00 PM Nancy	Water Pilates (L) Low 6:45 PM-7:45 PM Evin	SilverSplash (L) Low 11:00 AM-12:00 PM Nancy		SilverSplash (L) Low 11:00 AM-12:00 PM Nancy		
Deep Water Aerobics (M) 5:45 PM-6:30 PM Evin		Shallow Water Aerobics (M) 5:45 PM-6:30 PM Christine		Deep Water Aerobics (M) 5:45 PM-6:30 PM Christine		
Shallow Water Aerobics (M) 6:30 PM-7:15 PM Evin		Deep Water Aerobics (M) 6:30 PM-7:15 PM Christine		Shallow Water Aerobics (M) 6:30 PM-7:15 PM Christine		

(*) All intensity levels (L) Low (M) Medium (H) High

Shallow Water Aerobics - A moderate-to-high impact and intensity exercise class designed to increase cardiovascular, muscle strength and stamina in shallow water.

Boot Camp- This class is a circuit style water aerobics class in the shallow end. This high intensity class will focus on cardiovascular and strength training by using a combination of group and individual movements.

Deep Water Aerobics- A moderate to high intensity class (with no impact) designed to increase cardiovascular, muscle strength and stamina. Must have the ability to swim (buoyancy belts are worn).

Power Hour- This is a high intensity class that will focus on strength training and cardiovascular fitness.

Aqua Pilates- This class is designed to use water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. The workout facilitates increased flexibility while challenging individuals to maintain stabilization, postural alignment, and balance.

SilverSplash- This is an Activate Older Adult group exercise class that will offer a light to moderate strength and static range of motion choreography and progressive muscular endurance, balance, and agility conditioning.

Twinges N Hinges- A low impact and low to moderate intensity exercise class designed to increase joint mobility, flexibility, and full range of motion in the shallow water.

It is recommended that you consult your physician prior to starting any exercise program.

A branch of Peninsula Metropolitan YMCA - 101 Long Green Blvd., Yorktown, VA 23693

Revised Date:

7/30/2010

POOL SCHEDULE SUBJECT TO CHANGE