



VENICE AQUATICS

MAY 6, 2019 – NOVEMBER 3, 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHALLOW WATER 8:45-9:45AM		SHALLOW WATER 8:45-9:45AM	SHALLOW WATER 8:45-9:45AM	SHALLOW WATER 8:45-9:45AM	
SHALLOW WATER 9:55-10:55AM	DEEP WATER 8:45-9:45AM	SHALLOW WATER 9:55-10:55AM	DEEP WATER 9:55-10:55AM	SHALLOW WATER 9:55-10:55AM	
ARTHRITIS PLUS 11:05AM- 12:05PM	DEEP WATER 9:55-10:55AM	ARTHRITIS PLUS 11:05AM- 12:05PM	DEEP WATER 11:05AM- 12:05PM	ARTHRITIS PLUS 11:05AM- 12:05PM	DEEP WATER 10:30 -11:30AM

ARTHRITIS PLUS - Don't be misled by the title of the class! This is a great class not only for people with arthritis, but also diabetes, high blood pressure, hypertension, heart disease, hip replacement, shoulder replacement, and other injuries. Cardio for this class consists of moving through the water with low impact exercises followed by muscle strengthening wall exercises.

DEEP WATER - The use of a water belt is recommended. The cardio portion of the workout includes water weights and sometimes noodles.

SHALLOW WATER - The cardio portion picks up the pace while moving through the water with a variety of exercises working the legs, arms, and abdominals concluding with the use of water weights. A few wall exercises are then included.

MEMBERS - NO CHARGE!
NON-MEMBERS / CAN BE A GUEST FOR
\$10 THREE TIMES PER YEAR
\$40/MONTH AQUA CLASS PASS
RATES ARE EFFECTIVE NOVEMBER 1, 2017

FOR INFORMATION - CONTACT INSTRUCTOR
BONNIE - P 941.492.9622 EXT. 160

Venice YMCA
701 Center Rd, Venice, FL 34285
P 941.492.9622