Soundview Family YMCA’s Water Aerobics Descriptions:

**Beginner Classes:**

- **Joints in Motion:** It is designed to provide gentle range of motion for participants with arthritis, limited mobility, or similar joint issues.
- **Water Strides:** Great for your first water aerobics class; Water walking is a fun, practical alternative to walking on land. The water provides extra resistance while protecting you from injuries common to joggers. A variety of moves and equipment make this class a versatile and challenging class that will improve your strength, improve your balance, and increase more bone density.

**Intermediate Classes:**

- **Cardio Power:** Medium to high-level cardio workout. Recommended for more advanced participants. Uses various moves to create resistance for an up-tempo workout.
- **Water Fit:** Moderate intensity water aerobics. This class includes 30-35 minutes of aerobics followed by 15 minutes of toning using a variety of equipment. This creates a challenging program!
- **Fit for Two:** A medium intensity class designed around working with soon to be mothers. This class allows for low impact on the joints, as well as pressure on the body. A great class to meet current or new mother’s as well!

**Advanced Classes:**

- **Hydromania:** High intensity water aerobics. Designed to really burn fat, strengthen muscles, and build endurance. It includes a strength training segment and the use of different equipment.
- **Deep Water:** Participants use flotation devices to suspend themselves in the water. A variety of traveling and in-place movements are done to challenge the muscles and provide a high-intensity workout. This class is great for cross training and those who do high-impact sports, such as running.
- **AquaZumba:** This Specialty course is the “pool party” workout for all ages. You’ll learn safe, effective and challenging water-based workouts that integrate the Zumba formula and philosophy into traditional aqua fitness disciplines.

Call us at (203) 481-9622 or visit us on the web www.soundviewymca.org

*Monday–Thursday: 5:30pm–9:30pm : Friday 5:30pm–7:30pm : Saturday–7:00am–7:00pm : Sunday–12:00pm–6:00pm*