

CHARLES RIVER YMCA

WATER FITNESS SCHEDULE | BEGINNING APRIL 5, 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM						LABLAST SPLASH
9:00 AM	AQUA VIIT DEEP		AQUA VIIT DEEP		LABLAST SPLASH	
11:00 AM				JOINT VENTURE		
2:00 PM		JOINT VENTURE	JOINT VENTURE			

Reservations will be required for all group exercise classes. Reservations will open 3 days in advance. Capacity will be limited per physical distancing guidelines.

RESERVE YOUR SPACE

WATER FITNESS CLASS DESCRIPTIONS

AQUA VIIT DEEP

Deep-water class will combine traditional toning exercises and swimming movements in a variable intensity intermittent interval training (VIIT) format. Floatation belt advised. 45 minutes.

LABLAST SPLASH

LaBlast Splash is a shallow water aqua fitness program based on all the dances you see on "Dancing with the Stars". It's partner free, includes joint friendly cardio building and resistance training. Celebrate the beauty of dancing in the water to a wide variety of music. 45 minutes.

JOINT VENTURE

Exercises approved by the Arthritis Foundation include walking, gentle stretching, flexing, extension and range-of-motion. Exercises are done in shallow water and focus on activities of daily living, moving a joint through your range of motion and holding it to feel a gentle stretch in the muscle. 45 minutes.