



# Water Activities/ Aquatic Group Fitness Classes

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WATER MAKES YOUR BODY HAPPY

### Water Activities

What would the Y be without water? Water exercise, adult swim lessons (it is never too late) and adapted exercise for those with disabilities or in rehab are some of the water-based activities you'll find at the Y where we believe if you can do it on land, you can do some version of it in the water.

### Aquatic Group Fitness Classes

(free to Y members, program member must purchase a day pass)

Ai Chi/ Fluid Yoqalates - Discover how the movements compliment each other in developing strength, range of motion, balance, breathing and relaxation.

H<sub>2</sub>O Fusion - Experience the many types of deep & shallow water fitness all in one class. Anything goes from circuit training, water walking, strength, intervals, balance & flexibility.

Water Jog - Deep water adventure featuring vertical and horizontal moves includes cardiovascular, strength & flexibility.

Water Workout - Shallow water exercise using noodles & water weights. No need to know how to swim.

Arthritis Foundation Y Aquatic Program - Gentle exercise to help improve flexibility, range of motion & relieve pain and stiffness. No need to know how to swim.



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