

# YAQUATICS™

We build strong kids, strong families, strong communities.

Effective: June 1 – August 21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:25 am Joint Conditioning	8:30 - 9:25 am Joint Conditioning	8:30 - 9:25 am Joint Conditioning	8:30 - 9:25 am Joint Conditioning	8:30 - 9:25 am Joint Conditioning	9:00 – 10:00 am Aquacise
9:30 – 10:25 am Water Fitness	9:30 – 10:25 am Silver Splash	9:30 – 10:25 am Water Fitness	9:30 – 10:25 am Silver Splash		
10:30 – 11:30 am Deep Water Aquacise		10:30 – 11:30 am Deep Water Aquacise		10:30 – 11:30 am Deep Water Aquacise	
12:00- 1:00 pm Senior Aquacise		12:00- 1:00 pm Senior Aquacise		12:00- 1:00 pm Senior Aquacise	
7:30 – 8:30 pm Aquacise	7:30 – 8:30 pm Aquacise	7:30 – 8:30 pm Aquacise	7:30 – 8:30 pm Aquacise		

**\*Check online and in the main hallway for pool closing**

Rockwall County YMCA

1210 N. Goliad, Rockwall, TX 75087 972-772-9622

[www.rockwallymca.org](http://www.rockwallymca.org)

Financial Assistance is available. Please ask for details.

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**Joint Conditioning:** Movements are designed to increase range of motion and decrease arthritis pain. Also beneficial for those without arthritis pain.

**Senior Aquacise:** Moderate level water exercise class designed for older adults. All ages welcome.

**Aquacise:** Water aerobics class that includes cardiovascular, strength, and toning workout. Appropriate for non-swimmers.

**Deep Water Aquacise:** A total body, high intensity workout that includes cardiovascular, strength and toning workout. Float belts are provided. Not appropriate for non-swimmers.

**Water Fitness:** A total body workout that utilizes shallow and deep water to improve endurance, strength, power, coordination, and flexibility.

**Silver Splash:** Healthways total body aqua conditioning class. Silver Splash focuses on increasing agility, range of movement and cardiovascular conditioning. No swimming ability is required.

The Rockwall YMCA offers a variety of Aquatic Fitness classes for all members, as well as, scheduled time for your individual fitness needs. Check the pool schedule and posted signs for any changes.

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