

ADULT AQUATICS

AQUA ZUMBA

AquaZumba blends the Zumba philosophy with **water** resistance, for one pool party you shouldn't miss! There is less impact on your joints during an AquaZumba class, so you can really let loose! **Water** creates natural resistance, which means every step is more challenging and helps tone your muscles.

Tuesday 6:00PM—7:00PM



WATER AEROBICS

Full body rhythmic exercises conducted in shallow water, designed to provide cardiovascular benefits, followed by upper and lower body moves designed to strengthen, firm and sculpt muscles.

Monday 8:30AM—9:25AM

6:30PM—7:25PM

Wednesday 8:30AM—9:25AM

6:30PM—7:25PM

Friday 8:30AM—9:25AM



DEEP WATER EXERCISE

Slow moving or fast paced exercise in water depth where feet do not touch the bottom of the pool. Flotation devices are used.

Tuesday 8:30AM—9:25AM

Thursday 8:30AM—9:25AM



HYDROSPIN

Hydro riding is different from our typical Spinning Classes. Hydro riding offers cardiovascular exercise while being immersed in the water. Immersion in the water lowers the body temperature and in turn the heart rate, which allows for longer training, buoyancy and reduced soreness often associated with regular spinning. This class is also easier on those with lower back problems. This 40 minute class can burn between 500-700 calories. Hydro riding will accommodate beginners to pro athletes. Classes will be based on a first-come, first-serve basis. Must have water shoes to attend. This class is free and only available to Tri-Valley Y Members.



Tuesday 5:45AM—6:30AM

Thursday 7:30AM—8:15AM

PRE / POST SURGERY AND THERAPY EXERCISE

Designed for people recovering from accidents and sickness, neck and back patients, people with orthopedic injuries, athletic injuries, musculoskeletal problems and diabetes.

A Certified Personal Trainer is provided for instruction. This class is recommended for those who have completed physical therapy or have been cleared by their physician for exercise.



Monday 9:30AM—11:00AM

Wednesday 9:30AM—11:00AM

Friday 9:30AM—11:00AM

LAP SWIM

Open to patrons capable of swimming continuous laps. The pool is divided into fast, medium and slow lanes. Four or more swimmers must swim in a counter clockwise circle. Please note, one lane may be reserved for private swim lessons at any time. Specific lap swim times are available on our pool schedule.



PRIVATE SWIM LESSONS

One-on-one swim lessons for adults or children. Contact the Aquatics Program Leader for additional information or to schedule an appointment. Lessons are scheduled by appointment.

Pay Per 1/2 Hour Session

Members \$22

Non-Members \$48

Punch Card (buy 6 and get 1 FREE)

Members \$127

Non-Members \$286

FITNESS FOR THE YOUNG AT HEART

No swimming skills are required. Class instruction varies weekly giving participants an opportunity to experience Aquazumba, Aerobics and Exercise at a lower intensity level. No loud music, everyone can mix and mingle and have fun while doing so While making new friends..

Monday 1:25PM—2:10PM

Wednesday 1:25PM—2:10PM

Friday 1:25PM—2:10PM