



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MOVE WITH US MAKE A SPLASH

Water Fitness
BANGOR REGION YMCA



	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:45a	Water Wake Up Aloupis Pool	Water Wake Up Aloupis Pool	Water Wake Up Aloupis Pool	Water Wake Up Aloupis Pool	Water Wake Up Aloupis Pool	
7:30a	A.M. Aquacise Means Pool		A.M. Aquacise Means Pool		A.M. Aquacise Means Pool	
8:00a						Aqua S.M.I.L.E. Means Pool
8:30a	Aqua Addicts Aloupis Pool		Aqua Addicts Aloupis Pool		Aqua Addicts Aloupis Pool	
11:00a		Joint Ventures Means Pool		Joint Ventures Means Pool		
11:30a	Splasztastic! Means Pool		Splasztastic! Means Pool		Aqua Zumba® Means Pool	
12:00p		Power Waves Means Pool		Power Waves Means Pool		
5:30p	Aqua Surge Means Pool	Aqua Surge Means Pool	Aqua Zumba® Means Pool	Aqua Surge Means Pool		

*A Health Information Questionnaire, available at the Welcome Center Desk, must be completed prior to participation.

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PLEASE SEE REVERSE SIDE FOR CLASS DESCRIPTIONS

NEW CLASS SCHEDULE
begins Tuesday, September 4th, 2018!

PUNCH PASSES
 Non-Members can purchase punch passes to participate in any group exercise class on a drop-in basis.

	10 Classes	20 Classes
Non-Member	\$90	\$140

Customize your fitness schedule and have it with you wherever you go. Download our mobile app today!



A.M. AQUACISE **S** 60 min. Class

Start your day on the right foot with this low to moderate intensity class. Designed to enhance balance, flexibility, and strength, this class offers a little bit of everything. You're sure to laugh, sweat, and smile your way through this class – at A.M. Aquacise you're more than just a face in the crowd, you're part of the fitness family.

AQUA ADDICTS **D** 60 min. Class

Taught in our Aloupis Pool, this deep water class combines cardio, core, and toning exercises that are sure to keep you coming back for more. Participants will move through the water to some of the most recognizable hits of the 50's, 60's, and 70's. Members are encouraged to wear one of the provided flotation belts and may choose to further challenge themselves by using water weights and noodles.

AQUA S.M.I.L.E. **D** 60 min. Class

The **S**lower **M**oves & **I**mpact **L**owered **E**xercises of this class will help start your weekend with a smile! Participants are encouraged to wear one of the provided flotation belts as you stretch out and get your blood pumping. Taught by a variety of instructors, this class always has something new and exciting to offer.

AQUA SURGE **S** **D** 60 min. Class

Surge through the end of your day with this moderate intensity fitness class. Utilizing noodles and weights to enhance your workout, this class offers a mix of cardio and strength training before ending with a much needed stretch at the end of the day.

AQUA ZUMBA® **S** 45 min. Class

Fitness is a splash with Aqua Zumba®! Known as the Zumba® "pool party", Aqua Zumba® gives new meaning to the idea of a refreshing workout. Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® classes blend it all together into a safe, challenging, water-based workout that is cardio-conditioning, body-toning and most of all, exhilarating beyond belief.

POOL DEPTH KEY

S SHALLOW END

D DEEP END

THE BANGOR REGION YMCA

17 Second Street, Bangor ME 04401

P 207 941 2808 F 207 941 2812 www.BangorYMCA.org

JOINT VENTURES **S** 60 min. Class

Designed for members with recent joint replacements, arthritis, fibromyalgia, and other neuromuscular complications, this class focuses on joint mobility, flexibility, balance, strength, and pain management.

POWER WAVES **S** **D** 60 min. Class

Be ready to work in this moderate to high intensity class. With a focus on increasing strength, expect to use weights, noodles, kickboards, and more to enhance this always evolving workout. Participants are encouraged to use one of the provided flotation belts for the deep end portion of the class, or go without for an even greater challenge.

SPLASHTASTIC! **S** **D** 60 min. Class

Your lunch hour is sure to be Splashtastic! when you fill it with this combination of low to moderate intensity shallow and deep water exercises. No two classes are exactly the same with this ever-changing workout that utilizes kickboards, noodles, balls, weights, and more.

WATER WAKE UP **D** 60 min. Class

Taught in our Aloupis Pool, this early morning fitness class is just what you need to start your day right. Participants are encouraged to wear one of the provided flotation belts as they move through the water by kicking, skiing, and more. Members are encouraged to enhance their workout with the aid of provided weights, fins, and kickboards.

ABOUT OUR TWO POOLS

Our **Aloupis Pool** is kept at normal pool temperature (78-80°F) and our **Means Pool** is kept at a warmer temperature (84-86°F), making it our **Therapeutic Pool** and very popular with our youth and families.

Both of our pools are also available for Lap/ Rec Swim during Open Swim times! Stop by the Welcome Center for our current schedule.