



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
8:45a	Aqua Addicts Aloupis Pool		Aqua Addicts Aloupis Pool		Aqua Addicts Aloupis Pool	
11:00a		Joint Ventures Means Pool		Joint Ventures Means Pool	Splashtastic Express! Means Pool	
11:30a	Splashtastic! Means Pool		Splashtastic! 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 Surge 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**

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



### 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

### **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

Start your weekend workout with Aquatic Fitness! Challenge yourself with cardio, strength/toning, and flexibility components. Includes water yoga stretching exercises and shallow water walking program. 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](http://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!** 60 min. Class **S** **D**

#### **& SPLASHTASTIC EXPRESS!** 30 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

Start your day with Strength, Cardio and Core! Combines water resistance with dumbbells and aqua-bells for strength-training and toning. Includes a variety of boot camp drills as you jog, ski, and bike with flotation belts, kickboards and fins for a great cardio workout. Strengthen your core with combination movements. Cool down stretching completes this class. Modifications will be provided to vary intensity. Participants who are recovering from injuries or surgeries may modify to meet their goals.

#### **ABOUT OUR TWO POOLS**

Our **Aloupis Pool** is kept at normal pool temperature (77-79°F) and our **Means Pool** is kept at a warmer temperature (84-87°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.