



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YMCA of Greater Kalamazoo:

YMCA Water Exercise Class Descriptions (updated December 2024)

| Class Name | Description |
|---------------------------|--|
| Arthritis Aquatics | This class is designed to help with increased flexibility, mobility, range of motion, muscular strength, and endurance, along with trunk stabilization and balance. Exercises have been approved by physicians and physical therapists. |
| Arthritis Plus Aquatics | This class is designed to help with increased flexibility, mobility, range of motion, muscular strength, and endurance, along with trunk stabilization and balance. Exercises have been approved by physicians and physical therapists. Participants must be comfortable in all depths of the pool; classes use both shallow and deep ends. This class has a more intense cardio section than our other Arthritis class. |
| Deep Water Exercise | This is a high-intensity water exercise class designed to increase your muscular strength and tone and improve your cardiovascular system. Hydro-Fit equipment is provided, though you may bring/purchase your own. |
| Low Impact Water Exercise | This lower intensity water exercise class will improve your flexibility, muscular strength, and endurance, along with your balance, coordination, core stability, and cardiovascular system. |
| Shallow Water Exercise | This water aerobics class is designed to improve your cardiovascular system while building strength and flexibility but avoiding wear and tear on your joints. No previous swimming instruction is required. |
| Water Power | This water exercise class is designed to increase your muscular strength and tone while improving your balance, coordination, flexibility, and cardiorespiratory system. Participants must be comfortable in all depths of the pool; classes use both shallow and deep ends. |
| Water Tai Chi | This class is a gentle water class, focusing on balance, mobility, being in tune with your body, and positive energy. Experience water to experience peace of mind and body. |