



# Y WATER FITNESS™

We build strong kids, strong families, strong communities.



\*The Eastside YMCA reserves the right to change the schedule at any time.\*

Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 5:45 Aerobics VR 8:15 Deep CB 9:00 Aerobics JR 10:00 Move & Flex DS 11:00 Stretch & Flex CC 2:00 Sr. Fitness MM 6:30 Aerobics SF 7:15 Adult Wave JW	<b>2</b> 8:15 Deep GB 12:00 Sr. Fitness MM 5:30 Combo SW	<b>3</b> 5:45 Deep VR 8:15 Deep JR 9:00 Aerobics JR 10:00 Move & Flex DS 11:00 Stretch & Flex CC 2:00 Sr. Fitness MM 4:30 AquaFit Kids SD	<b>4</b> 8:15 Deep GB 8:45 Aerobics JR 9:00 Adult Wave JW 2:00 Sr. Fitness MM 6:30 Aerobics LR	<b>5</b> 5:45 Aerobics VR 8:15 Deep CB 9:00 Aerobics CB 11:00 Stretch & Flex MM 12:00 Sr. Fitness MM	<b>6</b> 9:00 Aerobics SW
<b>8</b> 5:45 Aerobics VR 8:15 Deep CB 9:00 Aerobics JR 10:00 Move & Flex DS 11:00 Stretch & Flex CC 2:00 Sr. Fitness MM 6:30 Aerobics SF 7:15 Adult Wave JW	<b>9</b> 8:15 Deep EC 12:00 Sr. Fitness MM 5:30 Combo SW	<b>10</b> 5:45 Deep VR 8:15 Deep JR 9:00 Aerobics JR 10:00 Move & Flex DS 11:00 Stretch & Flex CC 2:00 Sr. Fitness MM 4:30 AquaFit Kids SD	<b>11</b> 8:15 Deep EC 8:45 Aerobics JR 9:00 Adult Wave JW 2:00 Sr. Fitness MM 6:30 Aerobics LR	<b>12</b> 5:45 Aerobics VR 8:15 Deep CB 9:00 Aerobics CB 11:00 Stretch & Flex MM 12:00 Sr. Fitness MM	<b>13</b> 9:00 Aerobics SW
<b>15</b> 5:45 Aerobics VR 8:15 Deep CB 9:00 Aerobics JR 10:00 Move & Flex DS 11:00 Stretch & Flex CC 2:00 Sr. Fitness MM 6:30 Aerobics SF 7:15 Adult Wave JW	<b>16</b> 8:15 Deep EC 12:00 Sr. Fitness MM 5:30 Combo SW	<b>17</b> 5:45 Deep VR 8:15 Deep JR 9:00 Aerobics JR 10:00 Move & Flex DS 11:00 Stretch & Flex CC 2:00 Sr. Fitness MM 4:30 AquaFit Kids SD	<b>18</b> 8:15 Deep EC 8:45 Aerobics JR 9:00 Adult Wave JW 2:00 Sr. Fitness MM 6:30 Aerobics LR	<b>19</b> 5:45 Aerobics VR 8:15 Deep CB 9:00 Aerobics CB 11:00 Stretch & Flex MM 12:00 Sr. Fitness MM	<b>20</b> 9:00 Aerobics SW
<b>22</b> 5:45 Aerobics VR 8:15 Deep CB 9:00 Aerobics JR 10:00 Move & Flex DS 11:00 Stretch & Flex CC 2:00 Sr. Fitness MM 6:30 Aerobics SF 7:15 Adult Wave JW	<b>23</b> 8:15 Deep EC 12:00 Sr. Fitness MM 5:30 Combo SW	<b>24</b> 5:45 Deep VR 8:15 Deep JR 9:00 Aerobics JR 10:00 Move & Flex DS 11:00 Stretch & Flex CC 2:00 Sr. Fitness MM 4:30 AquaFit Kids SD	<b>25</b> 8:15 Deep EC 8:45 Aerobics JR 9:00 Adult Wave JW 2:00 Sr. Fitness MM 6:30 Aerobics LR	<b>26</b> 5:45 Aerobics VR 8:15 Deep CB 9:00 Aerobics CB 11:00 Stretch & Flex MM 12:00 Sr. Fitness MM	<b>27</b> 9:00 Aerobics SW

## Our Instructors:

VR - Valorie Ruck  
CC - Carole Coker  
JR - Julie Roberts

EC - Elaine Chambers  
DS - Donna Sesny  
JW - Justine Waldrop

SF - Shounda Foster  
MM - Marion Miller  
SW - Sabina Weaver

GB - Ginger Bell  
CB - Connie Beasley  
LR - Lisa Redwine

JK - Jennifer Kaminska  
SD - Stacy Davis

## Aquatic Class Descriptions (in order from lowest-level to highest level)

**Stretch & Flex (formerly “Arthritis”):** This class is for those who have arthritis or other physical limitations. We focus on range of motion in all major joints, strengthening major muscle groups, and water walking.

**Move & Flex (formerly “Arthritis”):** This new class takes our Stretch & Flex class up a notch to offer more cardio training in addition to stretching and range of motion exercises

**Senior Fitness:** Change of pace for our active older members who need a little bit of intensity. Great way to strengthen your spirit, mind, and body.

**Aerobics:** Great way to lose weight with less stress on your joints. This high intensity, low impact class incorporates cardiovascular, strength, and stretching exercises. Come work out with us and you’ll love it. No swimming experience necessary.

**Deep:** GREAT WORKOUT. This is a high intensity, exhilarating workout done only in the deep end. You have to come try it to see what it is like. Non-swimmers are welcome, but you must be comfortable in the deep water. Ski belts are provided.

**Combo:** The best of both worlds! This class is a combination of our Shallow Water Aerobic classes and our Deep Water Aerobic classes.

**Adult Wave:** This is a great time to meet other lap swimmers and work on stroke technique, endurance, and interval training. An on-deck coach will be available twice per week and workout drills will be provided for optimal training the other days of the week (ages 18 and older). If you are training for a triathlon, or just want to learn how to be a better swimmer, you’ve got to try this program!

**During certain Water Aerobic Classes there is NO Fun Swim. Lap lanes will be open for ADULT lap swimmers ONLY. Please see Pool Schedule for more information. We appreciate your cooperation with this matter.**

**Questions or Comments? Contact Kelli Seawell,  
Aquatic Director at 292-2790 ext 19  
Or  
kseawell@ymcagreenville.org**

EASTSIDE FAMILY YMCA

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