

June 21 – August 29, 2010

Aquatic Group Exercise

- **The latest trend in fitness!**
- **For health-seekers of all ages**
- **Offered at both Mt. Laurel and Riverfront Branches**
- **Low-impact, uses water resistance to tone and trim**



The YMCA offers a variety of classes in the pool. All classes work to increase strength, flexibility and cardiovascular fitness - ideal for people with muscle or joint impairment!

- **Convenient and Flexible!**
Choose your days & times
- **Easy Beginner to Advanced Levels**
- **Certified, Experienced Instructors**

SEE CLASS DESCRIPTIONS, SCHEDULE AND FEES ON REVERSE!

**Get Your Body Moving in
the YMCA Pool!**



Building Strong Kids,
Families and Communities
Catch the Spirit!

**ACTIVATE
AMERICA™**

CONTACT

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Y for All Income-Based Pricing and Strong Kids Financial Assistance is Available

The YMCA of Burlington County is the not-for-profit 501(c)(3) charitable corporation that is building strong kids, families and communities through programs designed to improve an individual's spirit, mind and body.



SUMMER 2010

YMCA of Burlington County | Water Exercise Schedule | Jun 21 -Aug 29

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Exercise Classes - RIVERFRONT						
Aquacise Low Level	8:00-9:00 Karen	10:00-11:00 Karen	8:00-9:00 Leslie	10:00-11:00 Karen	8:00-9:00 Leslie	
Aquamix High Level	9:00-10:00 Karen	7:30-8:30pm Lola	9:00-10:00 Leslie	4:30-5:30 Jill	9:00-10:00 Leslie	8:00-9:00 Lola
Joint Effort	10:00-11:00 Karen		10:00-11:00 Leslie		10:00-11:00 Leslie	
Arthritis Foundation		9:00-10:00 Karen		9:00-10:00 Karen		
LiveStrong in the Water		call for info Linda				
Water Exercise Classes - MT LAUREL						
Joint Effort	8:00-9:00 Tammie		8:00-9:00 Tammie		8:00-9:00 Tammie	
Aquamix Low Level	9:00-10:00 Canice 1:00-2:00 Pam	9:00-10:00 Cindy R.	9:00-10:00 Karen 1:00-2:00 Pam	9:00-10:00 Cindy R.	9:00-10:00 Johanna	
Aquamix High Level	10:00-11:00 Canice	7:00-8:00pm Sherry	10:00-11:00 Karen	7:00-8:00 pm Cyndi P.	10:00-11:00 Karen	8:00-9:00 Sherry



NEW!! MIX AND MATCH DAYS / TIMES
Prices for SUMMER 2010

Facility Member	Program Member
10 weeks	FREE!
Classes meet 1 day a week	

ARTHRITIS FOUNDATION - 



This range-of-motion exercise program is designed to increase flexibility, mobility, muscle strength, and balance. Follows National Arthritis/YMCA guidelines. Non-swimmers welcome.

AQUACISE - (Low Level, or LL) -   

An exercise program to improve strength, flexibility and cardiovascular fitness. Appropriate for beginners, seniors and pre & post natal, swimmers and non-swimmers accommodated.

AQUAMIX (High Level, or HL) HI/LOW -   

An intense water aerobic exercise program designed to promote cardiovascular fitness, muscle strength and flexibility. While enjoying the physical benefits in a pleasant atmosphere, this is a great way to relieve stress in

Live**STRONG** at the YMCA in the water. In a partnership with the Lance Armstrong Foundation the YMCA is pleased to offer a water class designed specifically for cancer survivors. This 0 impact class is designed to be a gradual approach to exercise again. Improves flexibility, core strength and range of motion. Please call for details.  

JOINT EFFORT -  

An aquatic exercise program especially designed to help improve muscle strength and flexibility with the aid of the water's buoyancy. No swimming skills necessary. Ideal for those with muscle or joint impairment.