



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



POOL SCHEDULE

Effective Dates October 5-Nov 30

LEBANON FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6-830 am	open/lap swim	open/lap swim	open/lap swim	open/lap swim	open/lap swim	8-10 am open/lap swim
830-930	AQUAFIT Pool	closed	DEEP WATER AQUAFIT Pool	closed	YOGA AQUAFIT Pool	
12-1 pm	open	open swim	open swim	open swim	open swim	
3:30-5 pm	High School Swim team only	High School Swim team only	High School Swim team only	High School Swim team only	High School Swim team only	
6-8 pm	open	open swim	Open swim/AQUA ZUMBA	open	open swim	

CLASS BENEFITS

STRENGTH & WEIGHTS	CARDIO	MIND/BODY	CORE	ACTIVE OLDER ADULTS	AQUA
Strength training builds lean muscles and helps with tone, weight loss, and cardio exercise is great for burning calories and heart health.	These cardio classes keep you moving and having fun, while you use movements and build your muscular endurance.	Reduce chance of injury, increase mobility and improve your posture, which helps you look great as well as feel good.	Core strength is critical for building a strong body to create the best platform for all other exercise.	Enjoy classes that are specifically designed for mobility and longevity. Great for older adults and those new to a fitness routine.	Joints stay happy with the ease of water classes. Great for beginners, active older adults and even the fitness pro who loves to burn calories in the water.



AQUAFIT/AQUACISE/DEEP WATER AQUAFIT/YOGA AQUAFIT

A non-impact fitness class in the water designed to increase strength and flexibility. Some water walking and aerobics is included. This is the perfect workout for individuals just starting a fitness program, working with arthritis or who have few exercise options.



Balance, breathe, lengthen and strengthen through gentle yoga movements to increase range of movement. Great for everyone!



SILVER SNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.



TAE KWON DO

Get moving and have fun in this cardio-based class designed to teach focus, concentration, muscle development, balance.



ZUMBA/CARDIO DANCE

Que Caliente! Zumba is a fusion of Latin and international music and dance that creates a dynamic, exciting and effective workout. Interval training is used to tone and sculpt the body. Join the party!