



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

KATY AREA YMCAs

# WATER FITNESS SCHEDULE

Effective August 21st

MONDAY			
8:30-9:25 am	H <sub>2</sub> O Combo	Neylane	Monty Ballard
9:00-10 am	Aqua Zumba	Analia	Katy Main St.
9:30-10:25 am	SilverSneakers® Splash	Kirie	Monty Ballard
TUESDAY			
8-8:40 am	Water Jog	Kirie	Monty Ballard
8:45-9:40 am	WATERinMOTION®	Jenna	Monty Ballard
4-4:50 pm	WATERinMOTION®	Felicity	Monty Ballard
7:30-8:30 pm	Aqua Zumba®	Analia	Katy Main St.
WEDNESDAY			
8:30-9:25 am	Aqua Zumba®	Analia	Monty Ballard
9:30-10:25 am	SilverSneakers® Splash	Kirie	Monty Ballard

THURSDAY			
8-8:40 am	Water Jog	Nancy	Monty Ballard
8:45-9:40 am	WATERinMOTION®	Jenna	Monty Ballard
4-4:50 pm	WATERinMOTION®	Felicity	Monty Ballard
7:30-8:30 pm	H <sub>2</sub> O Combo	Kelly	Katy Main St.
FRIDAY			
8:30-9:25 am	H <sub>2</sub> O Combo	Kirie	Monty Ballard
9:30-10:25 am	SilverSneakers® Splash	Neylane	Monty Ballard
SATURDAY			
8-8:55 am	H <sub>2</sub> O Combo	Kelly	Monty Ballard

## CLASS POLICIES

- For safety reasons, only those 12 years and older are permitted in class unless attending a designated family class.
- Please refrain from entering class after the class has started.
- Unless otherwise noted, our classes are suitable for all fitness levels. Instructors will show options and modifications to meet your needs.
- Classes are limited to 25 participants.
- Please shower before entering the water.

## CLASS DESCRIPTIONS

### AQUA ZUMBA®

This gives a new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting and laughing are often heard during this class. The class is safe, challenging, and exhilarating.

### SilverSneakers® Splash

This class offers lots of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special SilverSneakers® kickboard is used to develop strength, balance and coordination.

### H<sub>2</sub>O Combo

A great combination of intervals and shallow water exercise. Appropriate for all levels. Non-swimmers are welcome.

### WATERinMOTION®

This class provides a low impact, high-energy challenge for participants of all fitness levels.

### Water Jog

The resistance of the water provides muscular toning and strengthening and helps to reduce muscle soreness.

[ymcahouston.org](http://ymcahouston.org)

**MONTY BALLARD YMCA AT CINCO RANCH**  
22807 Westheimer Parkway • 281-392-5055

**YMCA AT KATY MAIN STREET**  
1350 Main Street • 281-665-1213



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



Text YMCAHouston to 41411