

## Knox Count YMCA Group Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 am	Water Dance		Water Dance		Water Dance
10:30-11:25 am		Aquanastics		Aquanastics	
11:00-11:45 am	Arthritis		Arthritis		Arthritis
12:00-12:45 pm	Deep Water Aqua-Aerobics		Deep Water Aqua-Aerobics		Deep Water Aqua-Aerobics
1:00-1:45 pm	Aquanastics	Silver Splash®		Silver Splash®	Aquanastics
2:00-2:45 pm	Arthritis	Arthritis		Arthritis	Arthritis
5:45-6:45 pm				Deep Water Aqua-Aerobics	

**Arthritis:** An exercise Class offered in the shallow end of the pool, specially designed for those suffering from arthritis. Exercises will help to reduce pain and stiffness as promoted by the Illinois Arthritis Foundation and Tai Chi for Arthritis.

**Water Dance:** A more advanced workout for the faster paced person. Warm-up, workout (aerobic), wall exercises, and a cool down can be done in the shallow end of the pool. You do not need to know how to swim for this class.

**Deep Water Aqua-Aerobics:** Exercise in the deep end of the pool with the help of belts and other instructional equipment. Excellent class for those rehabilitating joint, muscle, and back injury. This class will meet three times a week to promote fitness, strength, flexibility, and water resistance.

**Aquanastics:** An exciting and popular exercise! Warm-up, workout (aerobic), and a cool down can be done in the shallow end of the pool. You do not need to know how to swim for this class.

**Silver Splash:** Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSplash® kickboard is used to develop strength, balance and coordination.