

Be vibrant and healthy. Share your experiences. Engage your community. Belong. Laugh. Play.

Benefits of Water Exercise

- **Relieves stress and decrease anxiety:** Watching bodies of water in motion can be extremely soothing as well as being in the water too.
- **Burns calories:** The combination of strength and cardio workouts mixed with water resistance ensures that the body gets a full workout without breaking a sweat. Depending on activity and other factors, the body can burn between 400 and 500 calories in an hour.
- **Reduces blood pressure:** Enables blood flow to circulate more effectively throughout the body. Decreases resting heart rate in the long run.
- **Cooling exercise:** No need to worry about the heat and sweating.
- **Great way to meet new people:** Water fitness is extremely popular and can lead to developing long lasting relationships.

Wellness Sessions (Land Only):
Take advantage of this free program. Call the YMCA to schedule an appointment today!



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BUILD MORE THAN JUST MUSCLE

**Water Fitness Programs
YMCA OF SPRINGFIELD**



All water fitness classes benefit everyone in one way or another:

- **Increase muscle strength:** The resistance of the pool can range from 4 to 42 times greater than air.
- **Build endurance:** Water resistance is a natural resistance that requires the body to move through the water rather than against it.
- **Increase flexibility:** By adjusting the body in various directions and pushing and pulling the water, the joints naturally increase their range of motion.
- **Lessen impact and pressure on joints:** Water creates buoyancy which helps lessen the amount of pressure placed on joints.



Bring Your Friends:
Each of your guests are eligible for 3 free visits!

Water Aerobics

Water exercise is a great way to burn calories without putting extra stress on your joints. The ability to swim is not necessary for participation and classes are offered at varying levels of intensity.

Water fitness is easily modified to fit the needs of everyone. From the experienced exerciser wanting to try something new, to someone who is newer to fitness and needs a little bit of time to work their way up. Any of our classes could be just right for you!

Arthritis: The Arthritis Foundation YMCA Aquatic Program is designed to provide the opportunity for people with arthritis to participate in a recreational group activity. The water provides buoyancy to help support joints, decrease pain and/or stiffness and help improve/maintain joint flexibility.

Deep Water Exercise: This class offers exercises in deep water. Participants will not be able to touch and flotation belts are used. Exercises are moderate to high intensity.

Aqua Chi: This class will leave you feeling relaxed! Stretching, breathing, and relaxation skills are practiced.

Aqua Dance: This is an aerobics class with all the fun of dancing! Participants enjoy Latin dance moves with the added resistance of water for low impact on joints.

Ask the front desk for a full Water Fitness Schedule or find one online at springfieldymca.org!

SUCCESS STORIES

Water Fitness Changes Lives

When Kenneth started Water Fitness at the YMCA in July of 2015, he felt hopeless and angry. He was 535 lbs and unable to get out of bed. While working on his knee, the staff at Memorial Sports Care urged Kenneth to get into the water. He did. He began meeting others and decided to take a water fitness class. Since coming to the YMCA, Kenneth has had weight loss surgery and has lost an astounding 114 lbs. He was too large for the machines so the pool was the only choice he had. The pool has become home. Not only is the pool a place to exercise, it is also a place that Kenneth feels comfortable and free.



“My journey isn’t complete, but I’ve come a long way. What all started with one walk in the pool has created a much happier and healthier person. It’s not just a journey now. This is my way of life.”

Curious how water fitness transformed Kristi? Read the rest of her story online at springfieldymca.org!

