



Water Aerobics Class Descriptions

Shallow Water Exercise

This class is conducted in the shallow end of the pool and swimming ability is not required.

Deep Water Exercise

Participants use buoyancy belts in this class to remain vertical in deep water without submerging. Swimming ability is required.

Combo Water Exercise

This wellness class combines both shallow and deep water exercise components to meet the needs of the participants. You decide where you are most comfortable and our instructor will offer workout options for both deep and shallow water.

Aqua Pilates & Power Walk

This class has moved Pilates into the water! Benefits include: trimming, toning, strengthening muscles, increasing flexibility and decreasing stress. Swimming is not required.

Arthritis Water Exercise

This class features a series of recreational exercises designed to work on each major joint and body part. Swimming ability is not required.

GREATER SCRANTON YMCA

706 N. Blakely Street

Dunmore, PA 18512

P - (570) 342-8115 F - (570) 342-8205

www.greaterscrantonymca.org