

WYTHEVILLE COMMUNITY CENTER - CLASS DESCRIPTIONS

ALL CLASSES ARE SUBJECT TO BE CANCELLED FOR INSUFFICIENT REGISTRATION OR ATTENDANCE AND CLASS FORMAT AND TIMES ARE SUBJECT TO CHANGE ACCORDING TO POPULARITY.

AQUAMIX- COMBINATION OF CARDIO (WATER AEROBICS IN SHALLOW WATER-WAIST TO CHEST DEEP), STRENGTH (WITH NOODLES, BUOYS OR PADDLES) AND MIND/BODY (YOGA FOCUS) FOR A TOTAL EXERCISE EXPERIENCE.

DEEP WATER AEROBICS – AQUATIC FITNESS CLASS PERFORMED AT WATER DEPTHS SO BODY REMAINS IN VERTICAL POSITION AND NOT TOUCHING POOL FLOOR. FLOTATION DEVICES MAY BE USED TO MAINTAIN CORRECT ALIGNMENT. DEEP WATER AEROBICS PROVIDES FOR NO-IMPACT WORKOUT. APPROPRIATE FOR THOSE WHO ARE COMFORTABLE IN DEEP WATER. SWIMMING NOT REQUIRED. A GREAT WORKOUT IN A SOCIAL SETTING.

(NEW NAME) PREVIOUSLY YOQUA.

AI CHI - IS A WATER EXERCISE AND RELAXATION PROGRAM THAT COMBINES TAI CHI CONCEPTS WITH SHIATSU AND WATSU TECHNIQUES. AI CHI IS PERFORMED STANDING IN SHOULDER-DEPTH WATER USING FLOWING, YET POWERFUL COMBINATIONS OF DEEP BREATHING AND SLOW, BROAD MOVEMENTS OF THE ARMS, LEGS AND TORSO PROMOTING AWARENESS OF THE MUSCLE ACTIVITY AND MOVEMENT PATTERNS BY BRINGING ATTENTION TO THE POSTURE AND BREATHING. THE MOVEMENT PATTERNS COMBINE DIAPHRAMATIC BREATHING WITH VISUALIZATION AND IMAGERY TO INCREASE RELAXATION AND DECREASE PAIN. AI CHI IS USED TO IMPROVE MOVEMENT EFFICIENCY IN CLIENTS WHO MAY HAVE CHRONIC PAIN, ARTHRITIS, FIBROMYALGIA, CHRONIC OBSTRUCTIVE PULMONARY DISEASE, BALANCE DEFICITS, DIABETES, MULTIPLE SCLEROSIS AND OTHER ORTHOPEDIC AND NEUROLOGICAL CONDITIONS. THIS CLASS DOES NOT REQUIRE ANY EQUIPMENT BUT NOODLES AND WATER WEIGHTS MAY BE USED. THIS CLASS DOES NOT REQUIRE THE ABILITY TO SWIM. THIS CLASS IS HELD IN THE THERAPY POOL (WARM WATER). APPROPRIATE FOR ALL FITNESS LEVELS.

Aerobic Try It Pass – Want to try a cardio, yoga, strength or water aerobics class but don't have a gold pass plan...well here's your chance to try out an aerobic class before registering for a gold pass plan. Whether you have a bronze or silver pass plan or don't have a pass plan at all you can come try an aerobic class. Aerobics Try It Pass is \$8.50 each class visit limited to one visit per class session per month. Once you decide that you are interested in taking the aerobic classes then see the front desk to register for a gold pass plan which allows unlimited access to aerobic classes. See front desk for additional details.