



YMCA WATER FITNESS CLASSES AND SCHEDULE

AQUAROBICS

Aqua-aerobics is an aerobics program with routines that are choreographed to music. It is performed in the shallow end of the pool and is for both swimmers and non-swimmers. It is a total physical fitness program creating a sense of well-being and improving cardiovascular fitness.

Aqua JOGGING

The Y's Aqua Jogging program is an exercise program performed in the deep end of the pool choreographed to music. During the class the Y provides float belts for each participant.

AQUOGA (ah/quo/ga)

Aquatic class combining aerobics, yoga, isometric exercise, strength training, and meditation. AQUOGA is practiced in shallow and deep water. In deep water we use flotation belts and/or pool noodles. Water barbells are also used for strength training.

AQUA ZUMBA

The Y's Aqua Zumba is a fusion of Latin and international music featuring interval training with a combination of fast and slow rhythms that tone and sculpts the body with easy to follow dance steps. In shallow water this workout taught by a certified Zumba instructor is designed for those who are serious about increasing and maintaining their personal fitness, burning calories, and toning their muscles. It is energizing, powerful, uplifting, and fun

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AQUOGA 9:30– 10:15am AMY		AQUOGA 9:30– 10:15am AMY	AQUOGA 9:30– 10:15am AMY	
AQUAROBICS /AQUAJOGGING 10:30 – 11:15am RACHEL/ BROOKE	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am BROOKE/ KATHRYN	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am SHIRLEY/ BROOKE	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am KATHY .A./ KATHRTN	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am BROOKE/RAYLA	AQUA ZUMBA 1:00- 1:45pm Ginny ** Starts October 13,2018**
AQUAJOGGING 5:30 – 6:15pm BROOKE		AQUAJOGGING 5:30-6:15pm BROOKE	AQUA ZUMBA 5:15-6:00pm Kathy. G. ** Starts September 20, 2018**	AQUA YOGA 5:30pm-6:15pm Elizabeth ** Starts September 14, 2018**	

EFFECTIVE 9/1/2018 Schedule Subject to Change****