



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

YMCA WATER FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
				BROOKE-A-SIZE 9:30– 10:30am BROOKE
AQUAROBICS /AQUAJOGGING 10:30 – 11:15am SHIRLEY/ BROOKE	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am BROOKE/ KATHRYN	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am Helene/ BROOKE	AQUAROBICS/ AQUAJOGGING 10:30 – 11:15am KATHRYN/ BROOKE	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am BROOKE/ KATHRYN
		AQUAJOGGING 4:45 – 5:30pm BROOKE		

Class Descriptions

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