



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

## **YMCA WATER FITNESS SCHEDULE**

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
|   | <b>AQUOGA</b><br>9:30– 10:30am<br>AMY<br>*Starts 5/11                       |   | <b>AQUOGA</b><br>9:30– 10:30am<br>AMY<br>*Starts 5/13                       | <b>BROOKE-A-SIZE</b><br>9:30– 10:30am<br>BROOKE                             |
| <b>AQUAROBICS<br/>/AQUAJOGGING</b><br>10:30 – 11:15am<br>HELENE/ BROOKE | <b>AQUAROBICS<br/>/AQUAJOGGING</b><br>10:30 – 11:15am<br>BROOKE/<br>KATHRYN | <b>AQUAROBICS<br/>/AQUAJOGGING</b><br>10:30 – 11:15am<br>KATHRYN/<br>BROOKE | <b>AQUAROBICS/<br/>AQUAJOGGING</b><br>10:30 – 11:15am<br>BROOKE/<br>KATHRYN | <b>AQUAROBICS<br/>/AQUAJOGGING</b><br>10:30 – 11:15am<br>BROOKE/<br>KATHRYN |
|   |   | <b>AQUAJOGGING</b><br>4:45 – 5:30pm<br>BROOKE                               |   |   |

**\*\* Registration opens up every Sunday at 5:00am.( starting Sunday, May 2, 2021 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