FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA WATER FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	AQUOGA 9:30– 10:30am AMY		AQUOGA 9:30-10:30am AMY	BROOKE-A-SIZE 9:30– 10:30am BROOKE
AQUAROBICS /AQUAJOGGING 10:30 – 11:15am HELENE/ BROOKE	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am BROOKE/ KATHRYN	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am BROOKE/ KATHRYN	AQUAROBICS/ AQUAJOGGING 10:30 – 11:15am BROOKE/ KATHY	AQUAROBICS /AQUAJOGGING 10:30 – 11:15am EDIE/ BROOKE
		AQUAJOGGING 4:45 – 5:30pm BROOKE		

As of 9/2/2025

WATER FITNESS CLASS DESCRIPTION

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.