



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Water Fitness Schedule

August 5 – November 25 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		<u>Aqua Boot Camp</u>		<u>Aqua Boot Camp</u>		
8:00am	<u>Deep/Shallow Water</u> Jennifer B	Savanna		Savanna		<u>Aqua Boot camp</u> Liana
9:00 am		<u>Aqua Zumba</u> Jenny	<u>Shallow Water</u> Kelly	<u>Aqua Zumba</u> Jenny	<u>Aqua Tabata</u> Jennifer B	
10:00 am					<u>Deep water</u> Jennifer B	

****Classes and/or times subject to change.**

- Non-members – Pay a fee of \$3.00
- All classes free to YMCA members.
- All Classes are 50 minutes.
- Class sign-in begins 30 minutes before the start of each class.
- Class size is limited due to space. Deep water - 20 person max
Shallow water-25 person max **NO** overflow allowed for member safety.
- A minimum of 5 participants must be present for class to take place.

Age requirements for water aerobics classes:

- Minimum age is 13.
- Ages 13-15 must be supervised by adult.
- Ages 13-15 must be able to stand in the water and follow instructor.

Class Descriptions

Aqua Zumba: Aqua Zumba® blends the Zumba® philosophy with water resistance, for one great workout. There is less impact on your joints and the water creates natural resistance, which means every step is more challenging and helps tone your muscles. (Shallow water)

Aqua Boot Camp: This water fitness interval workout will improve your cardiovascular fitness, increase strength, endurance and improve flexibility. Prepare for some intense movement to get your body in shape and achieve maximum results through this fun and challenging total body workout that provides minimum impact on joints. All levels are welcome; class is geared toward an intermediate to advanced fitness level. (Deep & Shallow water)

Deep Water Aerobics: A great cardiovascular workout using a buoyancy belt in the deep water. This class will strengthen and tone the whole body while building up your endurance with cardio movements set to fun music. There is no impact on the joints making it a perfect environment for those with injuries or limitations. Confidence in deep water is required. (Beginners to advance)

Shallow Water Aerobics: This class is high energy, low-impact fitness designed for all ages and all fitness levels. This class is pure FUN as you are challenged with invigorating movements through the water. Aqua bells, kick boards and noodles may be used to enhance the workout.

Tabata Power: A high intensity low impact workout which consists of 20 seconds of all out work, followed by 10 seconds of rest for 8 rounds of 4 exercises. Expect to work hard and have fun. (Shallow water)