



Fall/Winter/Spring Aquatic Fitness

August 12 through June 5, 2020

Monday Tuesday Wednesday Thursday Friday

8:30 to 9:15 am	H2O Cardio Jaimee	Deep water Tabata* Jaimee	Aqua-Bootcamp Jaimee	Deep water Tabata* Jaimee	Aqua-Tabata Jaimee
9:30 to 10:15 am	Cardio-kick Tonda	Please try Move Together - upstairs!	Cardio-kick Tonda		Aqua-Zumba Stephanie
10:30 to 11:15 am	Arthritis - Starr		Arthritis - Anita		Arthritis - Starr
6:30 to 7:15 pm		Faith for Fitness Tonya		Faith for Fitness Tonya	

There may be instructor substitutions without notice.

*these classes take place in deeper water using hand held floats and float belts, non-swimmers and weak swimmers should use caution and may not feel comfortable.

YMCA is open from 8 am to 1 pm on Labor Day, Christmas Eve, New Years Day, Memorial Day but there are no Aquatic classes. There are no Aquatic classes November 29th. Y is closed Thanksgiving, Christmas Day & Easter.

Aqua-Fitness Class Descriptions

Arthritis: Range of motion exercises done in shallow water developed from physical therapy exercises and the National Arthritis Foundation, this class is particularly helpful for those beginning their fitness adventures and people dealing with arthritis and fibromyalgia.

Aqua-Bootcamp - a high intensity class that can be easily modified for every individual. Consisting of alternating cardio/upper body athletic moves and a big core finish. It's the workout you'll love to hate!

H2O Cardio/Kick: A blend of cardio and kickboxing in the water. Work at your level and add intensity as you get fitter!

Aqua-Zumba: A fast paced workout based on the popular Zumba classes but done in the water for less impact on joints. Done in shallow water, the instructor will lead you through choreographed routines designed to get you fit in a fun way.

Faith for Fitness: A full body workout using a variety of tools to prevent boredom. Encouraging for participants of any level.

Aqua-Tabata: a high intensity interval training workout using the principles developed by Dr. Izumi Tabata, our Aqua-Tabata workouts will get you to your fitness goals without the wear and tear on your joints. Participants will do 6-8 rounds of 4 minutes each, 20 seconds of hard work (at their own level) followed by 10 seconds of active recovery.

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