



AQUA FITNESS SCHEDULE

Maintenance Week

August 27 through September 3, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUA FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>AQUA CHALLENGE 8:00 PM- 9:00 <u>PM</u> LAUREN - HUBER POOL</p>	<p>AQUA TAI CHI 8:15 AM – 9:00 AM DIANA- HUBER POOL</p> <p>AQUA HIIT 6:30 – 7:30 <u>PM</u> MEGAN K – HUBER POOL</p>	<p>AQUA AI CHI 8:30 AM – 9:00 AM MEGAN K – HUBER POOL</p> <p>ARTHRITIS 9:00 AM - 9:30 AM MEGAN K- HUBER POOL</p> <p>AQUA FLEX 9:30 AM – 10:00 AM MEGAN K- HUBER POOL</p>	<p>AQUA AI CHI 8:15 AM – 9:00 AM DIANA- HUBER POOL</p> <p>AQUA FLEX 9:00 AM – 10:00 AM MEGAN K – HUBER POOL</p>	<p>ARTHRITIS 9:00 AM - 9:30 AM CARMEN-HUBER POOL</p> <p>AQUA FLEX 9:30 AM – 10:00 AM CARMEN - HUBER POOL</p>	<p>Some friendly reminders:</p> <p>Classes, times and instructors may change at any time.</p> <p>Updated schedules can be found on our Web site at www.cymca.org or on our App at The Community YMCA.</p> <p>Classes are subject to cancellation if participation averages less than 4 per class.</p> <p>Contact the aquatics department with any questions regarding Aqua Fitness programming at aquatics@cymca.org</p>

INTERCHANGEABLE AQUA FITNESS

Ai Chi is a water movement and relaxation program that has been created to help participants enjoy the water in a flowing yet powerful progression. It is an efficient exercise program that increases oxygen with correct form and positioning in the water. Good for highly stressed, over-challenged participants, and it is ideal for creating improved range of motion, balance and mobility. Level 1 & 2 Huber Pool

Aqua Boot Camp challenges your body to a combination of cardiovascular, strength and circuit training in the shallow and deep ends of the pool. Routines will change weekly and use a variety of swim aids such as steps, belts, bands and barbells during each class. You don't have to know how to swim but you should feel comfortable in the deep water.

Level 4 & 5 Bodman Pool

Aqua Challenge is our fun & effective class that focuses on all those body parts we always wish we could strengthen and tone. Strengthens muscles, improves cardiovascular efficiency and increases overall flexibility. The instructor will use swimming aids such as balls, barbells, bands and steps to keep you going for this hour workout. Level 3 & 4 Huber Pool

Aqua Exercise 101 Perfect place to start an exercise program due to the no or low impact buoyancy factor that offers natural resistance from the water. Level 1 & 2 Bodman Pool

Aqua Fit utilizes the entire pool for a mix of deep and shallow water exercise. You control the intensity of your workout, which includes low-impact water aerobics, deep water core strengthening, and strength training with weights. Improve your cardiovascular capacity, muscle strength and flexibility in one class. Level 3 Bodman Pool

Aqua Flex is a low impact water class designed to strengthen muscles around joints and improve movement and flexibility. A variety of unique movements are incorporated into this class with the use of dumbbells, noodles and kick boards. Level 2 & 3 Huber Pool

Aqua Fusion is a combo class that integrates deep water running with strength and core training. Floatation belts and a variety of resistance equipment will be used. Level 4/5 Bodman Pool

Aqua Jog Great for new comers to water exercise. Shallow and Deep Aqua Jogging. (Do not have to swim or go into deep end) Cool down with Aqua Yoga. Level 1 & 2 Bodman pool

Aqua Tabata is one of the most popular forms of high intensity interval training (HIIT). Consisting of eight rounds of ultra-intense exercise in a specific 20-seconds-on, 10-seconds-off interval. Level 5 Bodman Pool

Aqua Zumba® is an effective & challenging water-based workout integrating the Zumba formula and philosophy with traditional aqua fitness. Feel your muscles working against the water's resistance. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping. The levels for this class can be modified based on your own pace/intensity.

Arthritis Foundation YMCA Aquatic Program is a water exercise program designed for people with arthritis, those who have limited mobility or who are in need of a program to ease back into exercising. These gentle movements are performed in a heated pool to help relieve the pain and stiffness of arthritis and improve range of motion by gently moving each joint in the water. Level 1 & 2 Huber Pool