



# AQUA FITNESS SCHEDULE

Winter Session January 2 through February 24, 2019

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

# AQUA FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SHA-DEEP 8:00 AM - 9:00 AM MEG M - BODMAN	AQUA FIT 8:00 AM - 9:00 AM MEG M - BODMAN POOL	AQUA FIT 8:00 AM - 9:00 AM DEBBIE - BODMAN POOL	AQUA FUSION 8:00 AM - 9:00 AM MEG M- BODMAN POOL	AQUA FIT 8:00 AM - 9:00 AM DEBBIE - BODMAN POOL	<b>SOME FRIENDLY REMINDERS:</b>  Classes, times and instructors may change at any time.  Updated schedules can be found on our Web site at <a href="http://www.cymca.org">www.cymca.org</a> or on our App at The Community YMCA.  Classes are subject to cancellation if participation averages less than 4 per class.  Contact the aquatics department with any questions regarding Aqua Fitness programming at <a href="mailto:aquatics@cymca.org">aquatics@cymca.org</a>
AQUA AI CHI 8:30 AM - 9:00 AM PAT/EUGENIE - HUBER POOL	AQUA AI CHI 8:15 AM - 9:00 AM DIANA- HUBER POOL	AQUA BOOT CAMP 9:00 AM -10:00 AM DEBBIE - BODMAN	AQUA AI CHI 8:15 AM - 9:00 AM DIANA- HUBER POOL	AQUA FLEX 8:15 AM - 9:00 AM DIANA- HUBER POOL	
ARTHRITIS 9:00 AM - 9:30 AM EUGENIE - HUBER POOL	ARTHRITIS 9:00 AM- 9:30 AM CARMEN - HUBER POOL	AQUA FIT 10:00-11:00 AM DEBBIE - BODMAN POOL	AQUA BALANCE 9:00 AM - 9:30 AM MEGAN K - HUBER POOL	ARTHRITIS 9:00 AM - 9:30 AM CARMEN-HUBER POOL	
DEEP WATER TABATA 9:00 AM - 9:50 AM LINDA - BODMAN	AQUA FUSION 9:00 AM - 10:00 AM MEG M - BODMAN POOL		AQUA FIT 9:00 AM - 10:00 AM MEG M - BODMAN POOL	DEEP WATER AQUA FIT 9:00 AM - 10:00 AM DEBBIE - BODMAN POOL	
AQUA FLEX 9:30 AM - 10:00 AM EUGENIE - HUBER POOL	AQUA FLEX 9:30 AM - 10:00 AM CARMEN - HUBER POOL		AQUA BEAT 9:30 AM - 10:00 AM MEGAN K - HUBER POOL	AQUA FLEX 9:30 AM - 10:00 AM CARMEN - HUBER POOL	
				AQUA FIT 10:00 AM -11:00 AM DEBBIE - BODMAN POOL	
AQUA CHALLENGE 8:00 PM- 9:00 <u>PM</u> LAUREN - HUBER POOL	AQUA HIIT 6:30 - 7:30 <u>PM</u> MEGAN K - HUBER POOL	AQUA FIT 7:00 PM - 8:00 <u>PM</u> SUSAN - HUBER POOL	AQUA HIIT 6:30 - 7:30 <u>PM</u> MEGAN K - HUBER POOL		Updated: 12/28/18

**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

**Aqua Balance** is a slow to medium paced class that uses exercises to help strengthen your core and balance. Level 1 & 2

**Aqua Beat** is a cardio class that uses medium to fast paced music matched with movements that will get your heart pumping! All levels

**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

**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

**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

**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

**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

**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

**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

**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

**HI-YO** uses high intensity interval training paired with yoga-based movement for an active strength building and functional recovery.

**Sha-Deep** is a challenging high-intensity interval and choreography style class that works in any depth of the pool- all levels are welcome!