



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



**WARREN COUNTY YMCA
AQUATIC GROUP FITNESS
2023 Winter Session
January 2 - March 17
Morning and Night Classes**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45 AM	Deep Water Exercise		Deep Water Exercise		Deep Water Exercise
9:00-9:45 AM	Aqua Fit	Senior Water Aerobics	Aqua Zumba®	Senior Water Aerobics	
5:45-6:30 PM	Aqua Fit		Aqua Zumba®		





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GROUP FITNESS CLASS DESCRIPTIONS:

AQUA FIT: This high paced class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow. **Instructors– Staci and Morgan**

AQUA ZUMBA®: This class is for anyone looking to make a splash by adding low impact, high energy into their fitness routine. Aqua Zumba® blends the Zumba philosophy with water resistance for one pool party you shouldn't miss!

Instructors - Staci and Abbie

DEEP WATER EXERCISE: This is a fun filled workout that builds strength, endurance and cardiovascular fitness without impact or stress on your joints. Participants need to be comfortable in deep water. Float belts and resistance equipment are provided.

Instructor - Carey

SENIOR WATER AEROBICS: Senior water aerobics is a low-impact, low paced workout that allows you to benefit from exercise without placing too much pressure on your joints. This class is held in the shallow end. **Instructor - Carey**