



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



**WARREN COUNTY YMCA  
AQUATIC GROUP FITNESS  
2023 Spring Session  
March 20 - June 2  
Morning and Night Classes**

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





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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– Morgan**

**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**