



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



**WARREN COUNTY YMCA  
AQUATIC GROUP FITNESS  
2023 Fall Session  
September 11 - December 1**

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





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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, 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**

**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**