



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



**WARREN COUNTY YMCA
AQUATIC GROUP FITNESS
2024 Spring Session
March 25 - May 31**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:00-8:45 AM	Aqua Fit	Low Impact Water Aerobics		Low Impact Water Aerobics	Aqua Fit
9:00-9:45 AM	Aqua Zumba®		Aqua Fit		Aqua Zumba®
5:00 - 5:45 PM	Deep Water Exercise		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– Carey, 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 - Lindsay

LOW IMPACT 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**