



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



**WARREN COUNTY YMCA
AQUATIC GROUP FITNESS
2025 Fall Session
September 8 - December 20**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:30 - 9:15 AM	Aquatic Aerobics		Aquatic Aerobics		Aquatic Aerobics
9:00-9:45 AM		Aquatic H.I.I.T.		Aqua Zumba®	
5:00 - 5:45 PM	Aquatic H.I.I.T.		Aquatic Aerobics		





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GROUP FITNESS CLASS DESCRIPTIONS:

AQUA AEROBICS: This 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 – A.M. Carey & Staci, P.M. 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

AQUA H.I.I.T.(HIGH INTENSITY INTERVAL TRAINING): This class is geared towards muscle toning and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises involves repeated bouts of high intensity effort followed by a recovery time.

Instructors – A.M. Carey, P.M. Michelle M.