



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



**WARREN COUNTY YMCA
AQUATIC GROUP FITNESS
2026 Winter Session
January 5 - March 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		Aqua H.I.I.T.		Deep Water Exercise	
5:00 - 5:45 PM	Aqua H.I.I.T.		Aqua Zumba		





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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 – Carey**

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 involve repeated bouts of high intensity effort followed by a recovery time. **Instructors – Carey, Lucy**

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**