



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WAREEN COUNTY YMCA AQUATIC GROUP FITNESS 2026 SPRING SESSION

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 AM	AQUATIC AEROBICS		AQUATIC AEROBICS		AQUATIC AEROBICS
9:00-9:45 AM		AQUA H.I.I.T.		AQUA ZUMBA	
5:00-5:45 PM	AQUA H.I.I.T.		AQUA H.I.I.T.		



# Aqua Class Descriptions

**Aqua Aerobics:** This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using resistance of the water to cushion the feet, knees and back.

**Aqua H.I.I.T. ( high intensity interval training):** Like Aqua Aerobics, this class builds strength, muscle tone and cardiovascular endurance while using resistance of the water to cushion the feet, knees and back. However, this class pace is set to bouts of high intensity water movements followed by a short rest period.

**Aqua Zumba®:** Are you looking to make a splash by adding low impact, high energy aqua moves to your fitness routine? Aqua Zumba® blends the Zumba philosophy with water resistance for a fun filled fitness class.