



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**WAREEN COUNTY YMCA
 AQUATIC GROUP FITNESS
 2026 SUMMER SESSION
 JUNE 1- SEPTEMBER 4**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 AM	AQUATIC AEROBICS		AQUATIC AEROBICS		
9:00-9:45 AM		DEEP WATER FITNESS		AQUA BARRE	AQUA ZUMBA
5:00-5:45 PM	AQUA FIT		AQUA ZUMBA		



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 Barre: A low-impact, high-intensity aquatic workout that brings traditional ballet barre principles—such as isometric movements, Pilates, and yoga—into the pool. It utilizes the pool wall or a noodle for stability, focusing on strengthening the core, toning muscles, and improving flexibility while protecting joints

Aqua Fit: A high-energy aqua fitness class designed to improve cardiovascular endurance and strength. This class will range from shallow to deep water, and will utilize aquatic equipment to enhance your water workout.

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.