

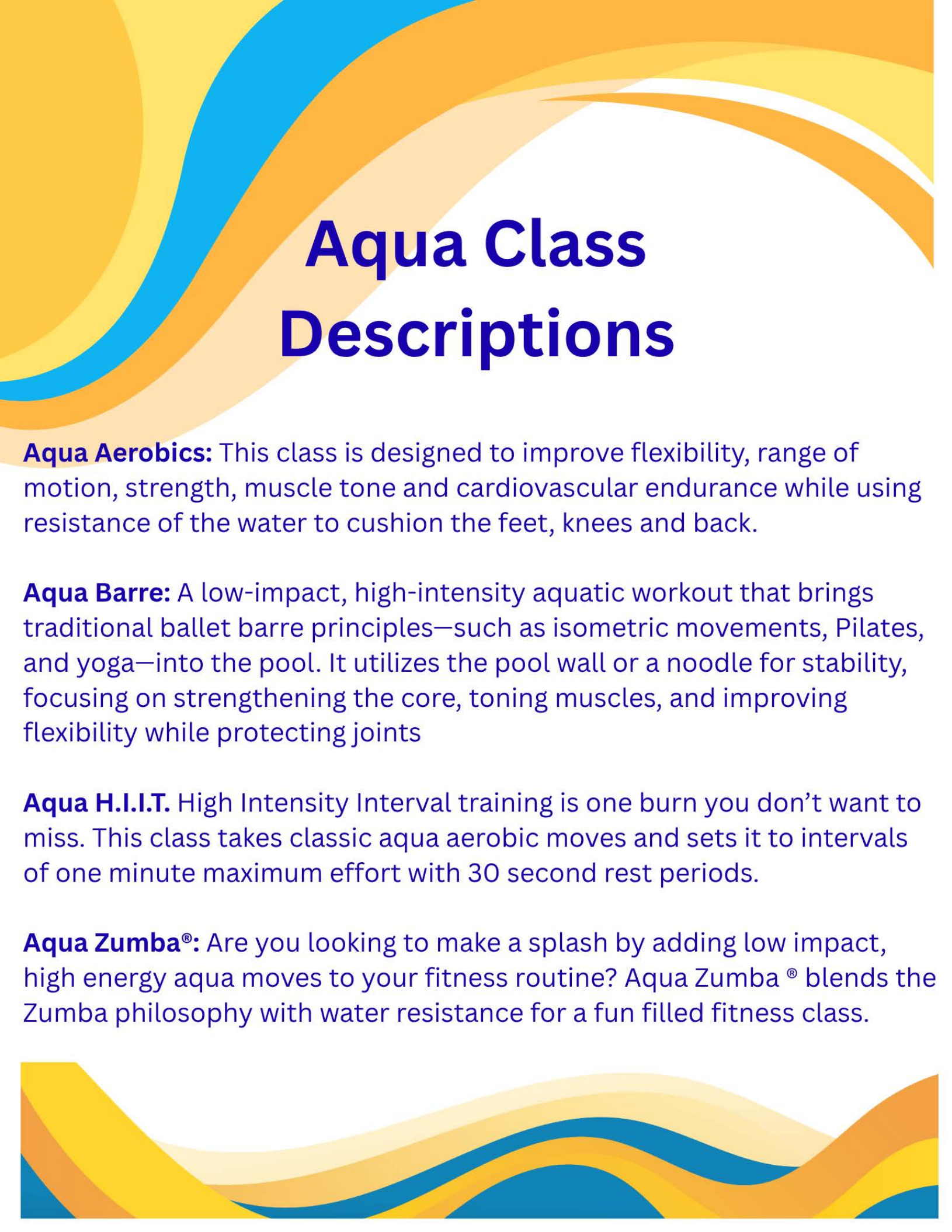


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WAREEN COUNTY YMCA
AQUATIC GROUP FITNESS
2026 FALL SESSION
SEPTEMBER 14 - DECEMBER 18

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45 AM			AQUA BARRE		
8:15 - 8:45 AM		AQUA H.I.I.T.		AQUA ZUMBA	
8:30-9:15 AM	AQUATIC AEROBICS				AQUATIC AEROBICS
9:00-9:45 AM		DEEP WATER FITNESS		DEEP WATER FITNESS	
5:00-5:45 AM	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 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 H.I.I.T. High Intensity Interval training is one burn you don't want to miss. This class takes classic aqua aerobic moves and sets it to intervals of one minute maximum effort with 30 second rest periods.

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.