



YMCA AQUA FIT SCHEDULE

Schedule Begins Monday, August 26th and is subject to change.

Participation in Aqua Fit classes requires sign-up.

You can sign up using the Bloomington-Normal YMCA app and our website bnymca.org/schedules.

Child Watch & Kid Adventure Hours: Mon.-Sat. 8:30am-1:00pm; Mon-Fri 4:30pm-7:00pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8a-8:45a Aqua Fit w/ Gwen		8a-8:45a Aqua Fit w/ Gwen			
	9a-9:45a Aqua Karaoke w/ Gayle	9a-9:45a Water Warriors w/ Mary	9a-9:45a Aqua Karaoke w/ Gayle	9a-9:45a Water Warriors w/ Mary	9a-9:45a Aqua Blast w/ Kathy		
	10a-10:45a Cardio Splash w/ Sue	10a-10:45a Aquabata w/ Dawn	10a-10:45a Aquabata w/ Sue	10a-10:45a Aquabata w/ Dawn			
	11a-11:45a Deep Aqua w/ Gayle	11a-11:45a Aqua Karaoke w/ Gayle		11a-11:45a Aqua Karaoke w/ Gayle		11a-11:45a Hydropower w/ Vicki	
	6p-6:45p Aqua Karaoke w/ Gayle	6:30p-7:15p Aqua Blast w/ Kathy	7p-7:45p Aqua Jam w/ Vicki	6:30p-7:15p Hydropower w/ Vicki		12p-12:45p Aqua Jam w/ Vicki	12:15p-1p Hydropower w/ Vicki

Aqua Fit Class Descriptions

Aquabata: Interval training in tabata format. Twenty second work cycle followed by 10 seconds of rest. Participants are encouraged to work at their own speed and level of intensity.

Aqua Blast: 30 minutes of aerobic fitness, using a whole body workout. 15 minutes of strength training. Accommodations for your personal fitness level are available.

Aqua Fit: Aqua Fit is a moderate impact class with suggested low impact modifications when needed. A variety of moves utilize the water's resistance and waist to chest depth to improve cardio, strengthen major muscle groups and promote stability and improved balance.

Aqua Jam: This class uses great music and easy choreography to have fun and get a great full-body workout!

Aqua Karaoke: Sing along to a variety of music while you implement strength, core, and balance techniques in both deep and shallow water using a variety of equipment.

Cardio Splash: Focus is on aerobic fitness and muscular specific training. Every muscle group will be worked for 3-5 minutes with a cardio burst between sets. Options are provided to accommodate all fitness levels.

Deep Aqua: Learn core balance, endurance, with training to assist for knee hip, ankle and shoulder issues with suspension in deeper water with flotation devices.

Hydropower: A high-energy cardio workout that also uses resistance for strength training. Great for circulation and easy on joints. Fun and safe for all fitness levels.

Water Warriors: This workout is suitable for ALL levels and includes dynamic range of motion (ROM), stretching, balance and muscle conditioning and relaxation!