



AQUATIC FITNESS CLASSES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 2025 - Class Schedule

S = Shallow Water

DW = Deep Water

S/D= Shallow/Deep Water Mix

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	
12/29	12/30 AM 8-9 DWB Cardio Tracy 9:05-10 S Aqua Fit Tracy PM 6:00-6:45 S Aqua Blast Tracy	12/31 YMCA CLOSÉS @ 12:00 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fitness Leslie	1/1 HAPPY NEW YEAR! YMCA CLOSED	2 AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Leslie PM 6:00-6:45 S/D Aqua Cardio Mix Tracy	3 AM 8-9 DW Strength, Conditioning, & Cardio Self-Lead 9:05-10 S Aqua Fit - Lindsay		
5	6 AM 8-9 DWB Cardio Self-Lead 9:05-10 S Aqua Fit Self-Lead PM 6:00-6:45 S Aqua Blast Tracy	7 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fitness Leslie PM 6:00-6:45 S Aqua Blast- Tracy	8 AM 8-9 DWB Strengthen and Tone Corinne 9:05-10 S Aqua Fit- Lindsay	9 AM 8-9 DW Strength, Conditioning, & Cardio Self-Lead 9:05-10 S Aqua Fit - Leslie PM 6:00-6:45 S Aqua Combat- Lindsay	10 AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Self-Lead		11
12	13 AM 8-9 DWB Cardio Self-Lead 9:05-10 S Aqua Fit Self-Lead PM 6:00-6:45 S/D Aqua Cardio Mix Tracy	14 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fitness Self-Lead PM 6:00-6:45 S Aqua Blast- Corinne	15 AM 8-9 DWB Strengthen and Tone Corinne 9:05-10 S Aqua Fit Lindsay	16 AM 8-9 DW Strength, Conditioning, & Cardio Self-Lead 9:05-10 S Aqua Fit - Leslie PM 6:00-6:45 S Aqua Fit- Tracy	17 AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Self-Lead		18
19	20 AM 8-9 DWB Cardio Self-Lead 9:05-10 S Aqua Fit Self-Lead PM 6:00-6:45 S Aqua Boot Camp Tracy	21 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fitness Leslie PM 6:00-6:45 S Aqua Blast- Tracy	22 AM 8-9 DWB Strengthen and Tone Corinne 9:05-10 S Aqua Fit- Leslie	23 AM 8-9 DW Strength, Conditioning, & Cardio Self-Lead 9:05-10 S Aqua Fit - Leslie PM 6:10-6:55 S Aqua Combat- Lindsay	24 AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Lindsay		25
26	27 AM 8-9 DWB Cardio Corinne 9:05-10 S Aqua Fit Lindsay PM 6:00-6:45 6:00-6:45 S/D Aqua Cardio Mix Tracy	28 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fitness Leslie PM 6:00-6:45 S Aqua Combat- Lindsay	29 AM 8-9 DWB Strengthen and Tone Corinne 9:05-10 S Aqua Fit - Leslie	30 AM 8-9 DW Strength, Conditioning, & Cardio Self-Lead 9:05-10 S Aqua Fit - Self-Lead PM 6:10-6:55 S Aqua Bootcamp- Tracy	31 AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Self-Lead		2/1



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Class Descriptions

(S) Aqua Blast – Churn up the water in this challenging, low impact shallow water workout. Cardio, strength, flexibility - this class has it all.

(S) Aqua Body Strong (ABS)- Aqua Combat- Train like a fighter! An explosive, high intensity interval training (HIIT) cardio workout that will have you punching, kicking, and rebounding like an MMA Pro. Focus on gaining muscular strength, endurance, and coordination through water resistance training and choreographed movements.

(S) Aqua Boot Camp- A shallow water class that provides high intensity but low impact exercises at an interval that alternates focusing on cardio, strength, and endurance training in short bursts of exercise followed by stretching and flexibility to maximize recovery.

(S) Aqua Step- A low-medium intensity shallow water work out focused on the intentionality of movement that develops strength and increasing mobility and flexibility. Great for beginners.

(S) Aqua Zumba – Combining the different Zumba dance rhythms, with vigorous aqua exercises in this low impact but challenging workout.

Deep Water Blast Cardio – Get your heart rate up in this fast-paced class designed to burn calories and improve endurance. This class is designed to challenge you to get the most out of your workout as we use the resistance of the water and/or equipment like buoys, kickboards, noodles, etc. Aqua belt is recommended. Deep water.

Deep Water Blast Cardio and Abs – Bring your energy and get ready to work hard. This class incorporates a combination of exercises to burn calories and strengthen the abs. Aqua belt is recommended. Deep water.

Deep Water Blast Strengthen and Tone –A full body work out focusing on the resistance of the water to strengthen and tone your muscles. The resistance provided by water aerobics equipment and/or the wall helps to challenge participants. Aqua belt is recommended. Deep water.

Deep Water Fitness – Total body fitness using water weights, pool noodles and aqua belts. Combination of low, medium and high intensity exercises. Deep Water.

Shallow Aqua Fitness- This is a less intense class, but we are still here to get our heart rates up and have fun! Participants are encouraged to challenge themselves at a pace that works for them in this invigorating water aerobics session. Classes alternate between an emphasis on exercises: to keep the heart rate up, improve balance and control, build endurance, strengthen muscles, and enhance flexibility. Shallow water.

Shallow Aqua Strength, Conditioning, & Cardio – Alternating between noodle, water weights, and dancing, this workout will tone every muscle while strength, conditioning, and cardio training. Some Yoga, Pilates, and Tai Chi will be worked in for a well-rounded workout.