WAYNESBORO FAMILY YMCA

AQUATICS FITNESS CLASS SCHEDULE

NOVEMBER 2026

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 **AM** 8-9 DW Cardio Katharine (training) 9:05-10 S Aqua Fit Katharine (training) **PM** 6:00-6:45 S Aqua Blast - Tracy	3 **AM** 8-9 DW Fitness Corrine 9:05-10 S Aqua Fitness Katharine (training)	4 **AM** 8-9 DWB Strengthen and Tone Corrine 9:05-10 S Aqua Fit Katharine (training)	5 **AM** 8-9 Strength, Conditioning, & Cardio (*Instructor TBD) 9:05-10 S Aqua Fit (*Instructor TBD) **PM** 6:00-6:45 S Aqua Fit - (*Instructor TBD)	6 **AM** 8-9 Strength, Conditioning & Cardio Corrine 9:05-10 S Aqua Fit (*Instructor TBD)	7
8	9 **AM** 8-9 DW Cardio (*Instructor TBD) 9:05-10 S Aqua Fit Katharine (training) **PM** 6:00-6:45 S Aqua Blast - Tracy	10 **AM** 8-9 DW Fitness Corrine 9:05-10 S Aqua Fitness (*Instructor TBD)	11 **AM** 8-9 DWB Strengthen and Tone Corrine 9:05-10 S Aqua Fit (*Instructor TBD)	12 **AM** 8-9 Strength, Conditioning, & Cardio Katharine(training) 9:05-10 S Aqua Fit Katharine (training) **PM** 6:00-6:45 S Aqua Fit - Tracy	13 **AM** 8-9 Strength, Conditioning & Cardio Katharine 9:05-10 S Aqua Fit Katharine (training)	14
15	16 **AM** 8-9 DW Cardio Katharine (training) 9:05-10 S Aqua Fit Katharine (training) **PM** 6:00-6:45 S Aqua Blast - Tracy	17 **AM** 8-9 DW Fitness Katharine (training) 9:05-10 S Aqua Fitness Katharine (training)	18 **AM** 8-9 DWB Strengthen and Tone Corrine 9:05-10 S Aqua Fit Katharine (training)	19 **AM** 8-9 Strength, Conditioning, & Cardio Katharine(training) 9:05-10 S Aqua Fit Katharine (training) **PM** 6:00-6:45 S Aqua Fit - Tracy	20 **AM** 8-9 Strength, Conditioning & Cardio Corrine 9:05-10 S Aqua Fit Katharine (training)	21
22	23 **AM** 8-9 DW Cardio Katharine (training) 9:05-10 S Aqua Fit Katharine (training) **PM** 6:00-6:45 S Aqua Blast - Tracy	24 **AM** 8-9 DW Fitness Corrine 9:05-10 S Aqua Fitness Katharine (training)	25 **AM** 8-9 DWB Strengthen and Tone Corrine 9:05-10 S Aqua Fit Katharine (training)	26 	27 **NO CLASSES**	28
29	30 **AM** 8-9 DW Cardio Katharine (training) 9:05-10 S Aqua Fit Katharine (training) **PM** 6:00-6:45 S Aqua Blast - Tracy					

S = Shallow Water DW = Deep Water S/D= Shallow/Deep Water Mix TR=

AQUATIC FITNESS CLASS DESCRIPTIONS | NOVEMBER 2026

(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 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 Fit	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.
(S) Aqua Strength, Conditioning, & Cardio	Alternating between noodle, water weights, and dancing, this workout will tone every muscle while strength, conditioning, and cardio training.
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.