



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**WARREN COUNTY YMCA
 AQUATIC GROUP FITNESS
 2022 Winter Session
 January 3 - March 25
 Morning & Evenings Classes**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:00-8:45 AM	Deep Water Exercise	Silversneakers Splash®		Silversneakers Splash®	Deep Water Exercise
9:00-9:45 AM	Aqua Fit		Aqua Zumba®		Aqua Fit
5:45 - 6:30 PM	Aqua Fit		Aqua Zumba®		





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GROUP FITNESS CLASS DESCRIPTIONS:

AQUA FIT: This 45-minute class is perfect for the aquatic enthusiasts. Spend 25 minutes elevating your heart rate, followed by strength conditioning for a total body workout.

Instructors– Staci AM and Morgan PM

AQUA ZUMBA®: This class is for anyone looking to make a splash by adding low impact, high energy into their fitness routine. Aqua Zumba® blends the Zumba philosophy with water resistance for one pool party you shouldn't miss!

Instructors - Staci AM and Michelle PM

DEEP WATER EXERCISE: This is a fun filled workout that builds strength, endurance and cardiovascular fitness without impact or stress on your joints. Participants need to be comfortable in deep water. Float belts and resistance equipment are provided.

Instructor - Carey

SILVERSNEAKERS SPLASH®: A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training. **Instructor - Carey**