



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



**WARREN COUNTY YMCA
AQUATIC GROUP FITNESS
2022 Fall Session
September 12 - December 23
Morning and Night 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		Deep Water Exercise		Deep Water Exercise
9:00-9:45 AM	Aqua Fit	Silversneakers Splash®		Silversneakers Splash®	Aqua Zumba®
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

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 and Abbie

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**