



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



**WARREN COUNTY YMCA
AQUATIC GROUP FITNESS
2024 Fall Session
September 9 - December 20**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:00-8:45 AM	Aqua Fit	Low Impact Water Aerobics		Low Impact Water Aerobics	Aqua Fit
9:00-9:45 AM	Aqua Zumba®		Aqua FIT		Aqua Zumba®
5:00 - 5:45 PM	AQUA FIT		Aqua Zumba®		





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GROUP FITNESS CLASS DESCRIPTIONS:

AQUA FIT: This high paced class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow. **Instructors– Staci, Carey, Morgan**

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 & Michelle

LOW IMPACT WATER AEROBICS: Senior water aerobics is a low-impact, low paced workout that allows you to benefit from exercise without placing too much pressure on your joints. This class is held in the shallow end. **Instructor - Carey**