



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



**WARREN COUNTY YMCA
 AQUATIC GROUP FITNESS
 2025 Winter Session
 January 13 - March 22**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:45 AM	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics	
9:00-9:45 AM		Aqua Zumba®		Aqua Zumba®		Aqua Aerobics & Zumba® ROTATION





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASS DESCRIPTIONS:

AQUA AEROBICS: This 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