



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



**WARREN COUNTY YMCA
AQUATIC GROUP FITNESS
2025 Spring Session
March 24 - May 31**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
8:00-8:45 AM	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics	
9:00-9:45 AM		Aqua Aerobics		Aqua Aerobics		Aqua Zumba®
5:00 - 5:45 PM	Aquatic H.I.I.T.		Aqua Zumba®			





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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 – Carey & 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 & Michelle T.**

AQUA H.I.I.T.(HIGH INTENSITY INTERVAL TRAINING): This class is geared towards muscle toning and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises involves repeated bouts of high intensity effort followed by a recovery time. **Instructors – Michelle B. & Staci**