



WATER EXERCISE SCHEDULE

July 5– August 19, 2022

Mornin’ Mania: A great way to start your day! Deep/Shallow combination class that will jumpstart your cardiovascular workout, wake up your muscles with strengthening exercises, and end with morning stretching for maximum flexibility and range of motion.

Aqua Fit: A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility.

Deep Water Exercise w/ Noodles: This class combines cardio, muscle toning, strength building and coordination. Have lots of fun while getting a great workout!

Aqua Fit HI-A shallow water, high intensity workout using water and equipment for resistance, toning muscles, increasing endurance and flexibility. A challenging workout for all ages!

Aqua Fit-Move it to Music-A low-impact class with music but with a medium and high intensity full body workout focused on strength, toning, and balance. We use water and equipment for resistance, toning muscles, and increasing endurance and flexibility.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mornin’ Mania 6:15am – 7:00am Instructor: Gerry Small Pool	Deep Water Exercise w/Noodles 9:00am – 9:45am Instructor: Janet Small Pool	Mornin’ Mania 6:15am – 7:00am Instructor: Gerry Small Pool	Aqua Fit HI 9:00am – 9:45am Instructor: Janet Small Pool	Mornin’ Mania 6:15am – 7:00am Instructor: Gerry Small Pool
Aqua Fit 8:00am – 8:45am Instructor: Gerry Small Pool	Aqua Fit –Move it to Music 7:10pm –7:55pm Instructor: Steve Small Pool	Aqua Fit 8:00am – 8:45am Instructor: Gerry Small Pool	Aqua Fit –Move it to Music 7:10pm –7:55pm Instructor: Steve Small Pool	Aqua Fit 8:00am – 8:45am Instructor: Gerry Small Pool

Please Note:

- Water exercise classes use various types of equipment which may include: floatation belts, noodles, barbells, etc.
- Depending on where the class is held participants should feel comfortable in shallow or deep water.
- Participants may use floatation belts or limit themselves to the shallow end of the pool.
- Swim Caps need to be worn at YMCA if you will be submerging your head
- Small Pool will be closed from August 22—September 5 for tile repairs and pool emptied, cleaned and rebalanced. YMCA will be closed from August 29-September 5.