

# AQUATICS Effective GROUP EXERCISE



BLOOMINGTON NORMAL YMCA

## POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45am <b>Aqua Fit</b> Nancy (s,b)	8:00-8:45am <b>Aqua Move</b> Gwen (s,b,i)	8:00-8:45am <b>Aqua Fit</b> Carla (s,b)	8:00-8:45am <b>Aqua Move</b> Gwen(s,b,i)	8:00-8:45am <b>Aqua Fit</b> Varies(s,b)		
9:00-10:00am <b>Aqua Low</b> Lindsay (s,b)		9:00-10:00am <b>Aqua Low</b> Lindsay(s,b)		9:00-10:00am <b>Aqua Low</b> Gwen (s,b)		
10:10-11:00am <b>Cardio Splash</b> Sue (s,b)		10:10-11:00am <b>AquaBata</b> Sue (s,b,i)		10:10-11:00am <b>Bata Splash</b> Sue (s,b)		
	12:00-12:45pm <b>Aqua Zumba</b> Rebecca (b,i)		12:00-12:45pm <b>Aqua Zumba</b> Rebecca (b,i)			

## CHILDCARE HOURS

Free with Family Membership;  
3 months to 8yrs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-11:00 am	9:00-11:00 am	9:00-11:00 am	9:00-11:00 am	9:00-11:00 am	9:00 am-1pm	
4:00-8:00pm	4:00-8:00pm	4:00-8:00pm	4:00-8:00pm	4:00-8:00pm		1:30-4:30pm

Key: (s) special needs, (b) beginners, (i) intermediate, (a) advanced, (\*) Prior swimming skills recommended

**AQUABATA** is a High Intensity Interval Training (HIIT) workout. The Tabata format transitions into the water with high-powered results. AquaBata....for an Aqua Body!

**AQUA DEEP** is a fun cardiovascular inspired workout in the deep water. We emphasize movements that involve large muscle groups in a full range of motion with no joint impact. Utilizing the water's resistance, you will get a total body workout in 45 minutes. This format is ideal for beginners, participants recovering from injury or people seeking low to moderate intensity exercise. No swimming skills required.

**AQUA FIT** Enjoy the benefits of aerobics, weights and stretching in one workout. This class is designed for participants to use water resistance the help develop 3 components of fitness: cardio, muscle endurance, and flexibility. Come get Aqua Fit!

**AQUA LOW** A low impact, low intensity class designed to help joint mobility and relieve discomfort. Optional Deep water exercises may be modified to be performed in the shallow end. Swimming skills are not required.

**AQUA MOVE** is a cardio class that pumps the heart rate and provides overall body toning.

**BATA SPLASH** blends the best of Cardio Splash and AquaBata classes!

**CARDIO SPLASH** This energetic class will increase your cardiovascular fitness while providing low joint impact. Appropriate for all fitness levels. The entire body will benefit from the strength building exercises, as well as increasing flexibility and range of motion.

**AQUA ZUMBA** blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

