

AQUATICS

GROUP EXERCISE

Effective 8/14/2017



BLOOMINGTON NORMAL YMCA

POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45am Aqua Fit Erin (s,b)	8:00-8:45am Aqua Move Gwen (s,b,i)	8:00-8:45am Aqua Fit Carla (s,b)	8:00-8:45am Aqua Move Gwen (s,b,i)	8:00-8:45am Aqua Fit Corrie (s,b)		
9:00-10:00am Aqua Low Lindsey (s,b)		9:00-10:00am Aqua Low Lindsey (s,b)		9:00-10:00am Aqua Low Gwen (s,b)		
10:10-11:00am Cardio Splash Sue (s,b)		10:10-11:00am AquaBata Sue (s,b,i)		10:10-11:00am Bata Splash Sue (s,b)		
	12:00-12:45pm H2O FLOW Lyn (b,i)		12:00-12:45pm H2O FLOW Lyn (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 FIT Enjoy the benefits of aerobics, weights and stretching in one workout. This class is designed for participants to use water resistance to 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.

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.

H2O FLOW High energy aerobic moves and Tabata sequences to motivating music provides you with an exciting, effective fitness workout. Jump in and give this class a try!