

# AQUATICS

# GROUP EXERCISE

Effective 5/8/2017



## BLOOMINGTON NORMAL YMCA

### POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45am <b>Aqua Fit</b> Erin (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> Corrie (s,b)		
9:00-10:00am <b>Aqua Low</b> Lindsey (s,b)		9:00-10:00am <b>Aqua Low</b> Lindsey (s,b)		9:00-10:00am <b>Aqua Low</b> Sheena (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>H2O FLOW</b> Lyn (b,i)		12:00-12:45pm <b>H2O FLOW</b> 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 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.

**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.

**H<sub>2</sub>O 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!