

AQUATICS GROUP EXERCISE

Effective 1/2/2019



BLOOMINGTON NORMAL YMCA

POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45am Aqua Fit Nancy (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 Nancy(s,b)		
9:00-10:00am Aqua Low Nancy (s,b)		9:00-10:00am Aqua Low Carla (s,b)	9:00-9:45am Aqua Yoga Dana	9:00-10:00am Aqua Fit Dana (s,b)		
10:10-11:00am Cardio Splash Sue (i,a)		10:10-11:00am AquaBata Sue (i,a)		10:10-11:00am Bata Splash Sue (i,a)		
	12:00-12:45pm Water Warrior Mary (b,i)		12:00-12:45pm Water Warrior Mary (b,i)		12:15-1:00pm Aqua Fit Vicki (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.

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.

Water Warrior This workout is suitable for all levels; it includes dynamic range of motion, stretching, balance and muscle conditioning and relaxation.

Aqua Yoga This 45 minute water based yoga class focuses on relaxation and connecting body to mind with stretching and balance exercises which enhance flexibility and muscle strength. This low intensity class can be adapted to participants of all levels and will leave you feeling refreshed.

