

AQUATICS GROUP EXERCISE

Effective 8/1/2020
**SUMMER SCHEDULE



BLOOMINGTON NORMAL YMCA

POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:45am Aqua Low Kathy (s,b)		9:00-9:45am Aqua Low Kathy (s,b)			8:30-9:15am Aqua Fit Vicki (b, i)	
10:00-10:45AM Aqua Fit Kathy		10:00-10:45am Aqua Fit Kathy (s,b)				
12:30-1:15pm Aqua Fit Cindy (b,i)		12:30-1:15pm Aqua Fit Cindy (b,i)				

CHILDCARE HOURS

Free with Family Membership;
3 months to 8yrs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*ChildCare will not be offered during this time. We are sorry for the inconvenience.						

MindBody APP

Participants must sign up for ALL classes through our MindBody app on any device. We will only be allowed to hold 9 participants in each of our classes. If you are needing assistances to the Mindbody app, go to <https://www.bnymca.org/healthyliving/mindbody-app/> or call the YMCA at (309) 827-6233.

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.

