

AQUATICS GROUP EXERCISE

Effective 7/15/2020
**SUMMER SCHEDULE



BLOOMINGTON NORMAL YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL	9:00-9:45am Aqua Low Kathy (s,b)		9:00-9:45am Aqua Low Kathy (s,b)			9:00-9:45am 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
9:15-11:15am	9:15-11:15am	9:15-11:15am	9:15-11:15am	9:15-11:15am		
4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm		

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

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.

