



YMCA AQUA FIT SCHEDULE

Schedule Begins Monday, September 26 and is subject to change

Participation in aqua fitness classes requires sign up on.

You can sign up using the Bloomington-Normal YMCA app and our website bnymca.org/schedules.

Child Watch & Kid Adventure Hours:
Mon.-Sat. 8:30am-1:00pm;
Mon-Fri 4:30pm-7:00pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9a-9:45a Aqua Jazz w/ Gayle	8a-8:45a Aqua Fit w/ Gwen	9a-9:45a Aqua Jazz w/ Gayle	8a-8:45a Aqua Fit w/ Gwen	9a-9:45a Aqua Blast w/ Kathy	12p-12:45p Hydropower w/ Vicki	12:15p-1p Hydropower w/ Vicki
	10a-10:45a Cardio Splash w/ Sue	9a-9:45a Aqua Power w/ Mary	10a-10:45a Aquabata w/ Sue	9a-9:45a Aqua Power w/ Mary			
	6p-6:45p Aqua Jazz w/ Gayle	10a-10:45a HIIT the Deep w/ Aly	6p-6:45p Aqua Jazz w/ Gayle	10a-10:45a HIIT the Deep w/ Aly			
		11a-11:45a High/Low Aqua w/ Gayle		11a-11:45a High/Low Aqua w/ Gayle			
		6:30p-7:15p Aqua Blast w/ Kathy		6:30p-7:15p Hydropower w/ Vicki			

Aqua Fit Class Descriptions

Aqua Jazz: Using jazz and a variety of music to implement strength, core, and balance techniques in both deep and shallow water using a variety of equipment.

Cardio Splash: Focus is on aerobic fitness and muscular specific training. Every muscle group will be worked for 3-5 minutes with a cardio burst between sets. Options are provided to accommodate all fitness levels.

Aqua Fit: Aqua Fit is a moderate impact class with suggested low impact modifications when needed. A variety of moves utilize the water's resistance and waist to chest depth to improve cardio, strengthen major muscle groups and promote stability and improved balance.

Aquabata: Interval training in tabata format. Twenty second work cycle followed by 10 seconds of rest. Participants are encouraged to work at their own speed and level of intensity.

Aqua Blast: 30 minutes of aerobic fitness, using a whole body workout. 15 minutes of strength training. Accommodations for your personal fitness level are available.

Hydropower: A high-energy cardio workout that also uses resistance for strength training. Great for circulation and easy on joints. Fun and safe for all fitness levels.

Hi/Low Aqua: Learn core balance, endurance, with training to assist for knee hip, ankle and shoulder issues with suspension in deeper water with flotation devices.

HIIT the Deep: Let's HIIT the Deep water together! All abilities welcome! Strap on a floatation belt & join us for this dynamic, high-energy, no impact workout. This class is sure to get your heart rate up and keep a smile on your face!

Aqua Power: This high-energy, low-impact class is sure to create a big splash! Cardio Conditioning while the resistance of the water will assist you in strengthening and sculpting all major muscle groups. This class is designed to provide a vigorous full-body workout for all ages and fitness levels.