



# YMCA AQUA FIT SCHEDULE

Schedule Begins Wednesday, December 13th and is subject to change.

**Participation in Aqua Fit classes requires sign-up.**

You can sign up using the Bloomington-Normal YMCA app and our website [bnymca.org/schedules](http://bnymca.org/schedules).

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

Aquabata Cancellations: Aquabata will not be offered on the following dates: 12/19, 12/21, 12/26, 12/28, 1/2, 1/4, 1/9, and 1/11.

	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	11a-11:45a Hydropower w/ Vicki	12:15p-1p Hydropower w/ Vicki
	10a-10:45a Cardio Splash w/ Sue	9a-9:45a Water Warriors w/ Mary	10a-10:45a Aquabata w/ Sue	9a-9:45a Water Warriors w/ Mary		12p-12:45p Aqua Jam w/ Vicki	
	11a-11:45a Deep Aqua w/ Gayle	10a-10:45a Aquabata w/ Dawn	7p-7:45p Aqua Jam w/ Vicki	10a-10:45a Aquabata w/ Dawn			
	6p-6:45p Aqua Jazz w/ Gayle	11a-11:45a Aqua Jazz w/ Gayle		11a-11:45a Aqua Jazz w/ Gayle			
		6:30p-7:15p Aqua Blast w/ Kathy		6:30p-7:15p Hydropower w/ Vicki			

## Aqua Fit Class Descriptions

**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.

**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.

**Aqua Jam:** This class uses great music and easy choreography to have fun and get a great full-body workout!

**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.

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

**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.

**Water Warriors:** This workout is suitable for ALL levels and includes dynamic range of motion (ROM), stretching, balance and muscle conditioning and relaxation!