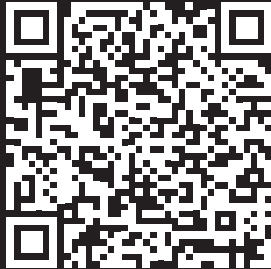


Group Fitness Water Classes

updated 8/8/22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30-7:15 am Aqua Yoga Jane S			
7:45-8:30 am Aqua Aerobics Pam A		7:45-8:30 am Aqua Aerobics Pam A		7:45-8:30 am Aqua Aerobics Pam A	
8:30-9:30 am Deep Water Aerobics Karen D & Cal D	8:30-9:15 am Gentle Moves Betty D	8:30-9:30 am Deep Water Aerobics Karen D & Cal D	8:30-9:15 am Gentle Moves Betty D	8:30-9:30 am Deep Water Aerobics Karen D & Cal D	8:30-9:15 am Aqua Medley Monika H
8:30-9:15 am Joint Movement Stephanie H		8:30-9:15 am Joint Movement Judy G		8:30-9:15 am Joint Movement Judy G	
9:30-10:15 am Water Tai Chi Judy G		9:30-10:15 am Water Tai Chi Judy G			
10:15-11:00 am Noodle Mania Judy G	10:15-11:00 am Aqua Medley Judy G		10:15-10:55 am Water Walking Judy G		No Classes Sept 3-5 YWCA Closed
11:00-11:45 am Joint Movement Judy G	11:00-11:45 am Joint Movement Judy G	11:00-11:45 am Joint Movement Judy G	11:00-11:45 am Joint Movement Judy G		
	3:15-4:00 pm Joint Movement Tina E		3:15-4:00 pm Joint Movement Tina E	<p>View Schedules Online for Most Up To Date Info</p>  <p>https://bit.ly/3BYfs9J</p>	
	4:00-4:45 pm Water Walking Tina E		4:00-4:45 pm Water Walking Tina E		
4:45-5:30 pm Aqua Aerobics Tina E	4:45-5:30 pm Aqua Aerobics Tina E		4:45-5:30 pm Aqua Aerobics Tina E		
5:35-6:15 pm Water Pilates Tina E	5:30-6:15 pm Deep Water Aerobics Tina E		5:30-6:15 pm Deep Water Aerobics Tina E		

class descriptions listed on reverse...

Class Descriptions

Enjoy our 88° pool while you learn from our lifeguard certified instructors! All classes will be held in the exercise pool except where noted otherwise (shaded classes on the schedule).

Aqua Aerobics

10-minute warm-up & 20-minute moderate to high-intensity aerobics followed by stretching, toning, and abdominal work. High intensity. Involves jumping, bouncing, and being comfortable taking both feet off the pool bottom.

Aqua Medley

A medley of low-intensity to moderate aquatics exercises. Classes will vary throughout the session.

Aqua Yoga

Deep breaths and relaxing stretches in a therapeutic setting. Its yoga in the water!

Deep Water Aerobics

Choose a high- or low-intensity workout. Must feel comfortable being in deep water. Flotation devices are provided. *This class is held in the lap pool.*

Gentle Moves

A great class for the “young at heart” and anyone wanting a gentle, low-impact, and fun water workout. Class includes gentle stretches, strength moves, and water walking. Join Betty and the gang!

Please note:

- For the most up to date schedule, please refer to our website.
- All classes held in Exercise Pool unless otherwise noted.
- While YWCA Greater Green Bay makes every effort to schedule the same instructor each week, we reserve the right to substitute instructors and cancel classes as necessary.
- All listed classes are available to full YWCA members as well as participants with a day-pass.
- Day passes: 1 Day Pass for \$8, or 10-Visit Pass for \$50
- Face coverings are highly recommended for ages 5+ in all public areas except while swimming.

Joint Movement

Low to moderate impact focusing on cardio, improving range of motion, and increasing flexibility. Must be comfortable lifting and moving feet off the bottom of the pool.

Noodle Mania

Get a full body workout using a variety of noodles. Water compared to land has 12 to 15 times more resistance, and now add a noodle. Whoa! ENJOY.

Water Pilates

Pilates exercises for the pool focusing on movements from the abdomen, lower back, hips, and buttocks to flow outward to the lower extremities. Develop balance by stabilizing the body's core, improve posture, and relieve stress.

Water Tai Chi

Based on mind-body concepts of the ancient martial art of tai chi combined with gentle qualities of water exercise for all ages. Helps eliminate stress and bring balance to your life.

Water Walking

Easy and fun way to condition heart and lungs and strengthen muscles. Exercise at your own pace in our warm water pool. For all fitness levels.

View Schedules Online



<https://bit.ly/3BYfs9J>