

# Group Fitness Water Classes

updated 5/26/22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30-7:15 am <b>Aqua Yoga</b> <i>Jane S</i>			
7:45-8:30 am <b>Aqua Aerobics</b> <i>Pam A</i>		7:45-8:30 am <b>Aqua Aerobics</b> <i>Pam A</i>		7:45-8:30 am <b>Aqua Aerobics</b> <i>Pam A</i>	
8:30-9:30 am <b>Deep Water Aerobics</b> <i>Karen D &amp; Cal D</i>	8:30-9:15 am <b>Gentle Moves</b> <i>Betty D</i>	8:30-9:30 am <b>Deep Water Aerobics</b> <i>Karen D &amp; Cal D</i>	8:30-9:15 am <b>Gentle Moves</b> <i>Betty D</i>	8:30-9:30 am <b>Deep Water Aerobics</b> <i>Karen D &amp; Cal D</i>	8:30-9:15 am <b>Aqua Medley</b> <i>Monika H</i>
8:30-9:15 am <b>Joint Movement</b> <i>Stephanie H</i>		8:30-9:15 am <b>Joint Movement</b> <i>Judy G</i>		8:30-9:15 am <b>Joint Movement</b> <i>Judy G</i>	
9:30-10:15 am <b>Water Tai Chi</b> <i>Judy G</i>		9:30-10:15 am <b>Water Tai Chi</b> <i>Judy G</i>			
10:15-11:00 am <b>Noodle Mania</b> <i>Judy G</i>	10:15-11:00 am <b>Aqua Medley</b> <i>Judy G</i>		10:15-10:55 am <b>Water Walking</b> <i>Judy G</i>		
11:00-11:45 am <b>Joint Movement</b> <i>Judy G</i>	11:00-11:45 am <b>Joint Movement</b> <i>Judy G</i>	11:00-11:45 am <b>Joint Movement</b> <i>Judy G</i>	11:00-11:45 am <b>Joint Movement</b> <i>Judy G</i>		
	3:15-4:00 pm <b>Joint Movement</b> <i>Tina E</i>		3:15-4:00 pm <b>Joint Movement</b> <i>Tina E</i>		
	4:00-4:45 pm <b>Water Walking</b> <i>Tina E</i>		4:00-4:45 pm <b>Water Walking</b> <i>Tina E</i>		<p><b>No Classes July 1-4</b></p> <p>All Classes held in the <b>Exercise Pool</b> except highlighted classes are held in the <b>Lap Pool</b></p>
4:45-5:30 pm <b>Aqua Aerobics</b> <i>Tina E</i>	4:45-5:30 pm <b>Aqua Aerobics</b> <i>Tina E</i>	5:00-5:45 pm <b>H<sub>2</sub>O Circuit &amp; Core</b> <i>LeAnn M</i>	4:45-5:30 pm <b>Aqua Aerobics</b> <i>Tina E</i>		
5:35-6:15 pm <b>Water Pilates</b> <i>Tina E</i>	5:30-6:15 pm <b>Deep Water Aerobics</b> <i>Tina E</i>		5:30-6:15 pm <b>Deep Water Aerobics</b> <i>Tina E</i>		

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!

## **H<sub>2</sub>O Circuit & Core**

A vigorous interval workout that quickly changes from cardio exercise to strength training exercise. Cardio and weight training in one fun workout.

## **Please note:**

- 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.
- 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/3MIQ0re>