

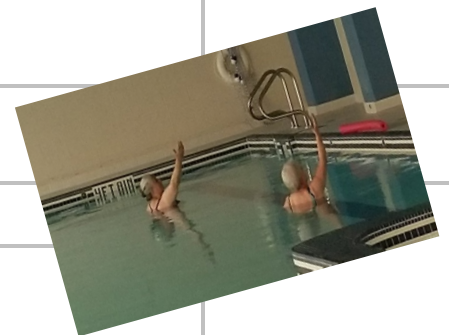
# Group Fitness WATER Classes

and Exercise Pool Schedule

Fall | August 31-November 7, 2020

Reserve a spot in class here: <https://www.signupgenius.com/go/9040A4AA5A62FA1F85-ywca4>  
Face covering required in all common areas except while in the pool.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The YWCA will be closed Monday, September 7 in observance of Labor Day.		6:30-7:15 am <b>AQUA YOGA</b> Jane S.			All classes take place in the Exercise Pool except those in the shaded boxes.
7:45-8:25 am <b>AQUA AEROBICS</b> Chrisann W.		7:45-8:25 am <b>AQUA AEROBICS</b> Chrisann		7:45-8:25 am <b>AQUA AEROBICS</b> Chrisann W.	
8:30-9:30 am <b>DEEP WATER AEROBICS</b> Karen/Cal LAP POOL	8:15-9:00 am <b>Private Group</b>	8:30-9:30 am <b>DEEP WATER AEROBICS</b> Karen/Cal LAP POOL	8:15-9:00 am <b>Private Group</b>		8:30-9:15 am <b>AQUA MEDLEY</b> Monika H.
8:30-9:15 am <b>JOINT MOVEMENT</b> Chrisann W.		8:30-9:15 am <b>JOINT MOVEMENT</b> Chrisann W.		8:30-9:15 am <b>JOINT MOVEMENT</b> Chrisann W.	
9:30-10:15 am <b>WATER TAI CHI</b> Judy G.	9:30-10:15 am <b>Child Care</b> (Private)	9:30-10:15 am <b>WATER TAI CHI</b> Judy G.	9:30-10:15 am <b>Child Care</b> (Private)		
10:15-11:00 am <b>NOODLE MANIA</b> Judy G.	10:15-11:00 am <b>AQUA MEDLEY</b> Judy G.	10:15-11:00 am <b>PARENT TOT SWIM LESSONS</b> (Private)	10:15-10:55 am <b>WATER WALKING</b> Judy G.		
11:00-11:45 am <b>JOINT MOVEMENT</b> Judy G.	11:00-11:45 am <b>JOINT MOVEMENT</b> Judy G.	11:00-11:45 am <b>JOINT MOVEMENT</b> Judy G.	11:00-11:45 am <b>JOINT MOVEMENT</b> Judy G.		
	3:15-4:00 pm <b>JOINT MOVEMENT</b> Tina E.		3:15-4:00 pm <b>JOINT MOVEMENT</b> Tina E.		
	4:00-4:45 pm <b>AQUA AEROBICS</b> Tina E.		4:00-4:45 pm <b>AQUA AEROBICS</b> Tina E.		
5:00-5:30 pm <b>H2O CIRCUIT</b> Collin G. / Tina E.	4:45-5:30 pm <b>WATER WALKING</b> Tina E.	5:00-5:30 pm <b>H2O CIRCUIT</b> Chrisann W.	4:45-5:30 pm <b>WATER WALKING</b> Tina E.		
5:35-6:15 pm <b>AQUA AEROBICS</b> Collin G. / Tina E.	5:30-6:15 pm <b>DEEP WATER AEROBICS</b> Tina E. LAP POOL	5:35-6:10 pm <b>AQUA CORE &amp; MORE</b> Chrisann W.	5:30-6:15 pm <b>DEEP WATER AEROBICS</b> Tina E. LAP POOL		
The YWCA will be closed Monday, September 7 in observance of Labor Day.		6:15-7:00 pm <b>PARENT TOT SWIM LESSONS</b> (Private)			



**YWCA IS ON A MISSION**

# Group Fitness **WATER** Classes

## and Exercise Pool Schedule

Fall | August 31-November 7, 2020

### WATER CLASS DESCRIPTIONS

*Enjoy our 88-degree pool while you learn from our lifeguard-certified instructors. All classes will be held in the Exercise Pool except those in the shaded boxes as noted.*

#### AQUA AEROBICS

20– 30 minutes moderate to high-intensity aerobics followed by stretching, strength exercises, toning, and abdominal work. High intensity may involve some jumping, bouncing, and being comfortable taking both feet off the pool bottom.

#### AQUA CORE & MORE

Start with a little stretching, toning, balance, and core work. Higher 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

A variety of yoga postures in the water. Promoting balance, energy, deep breathing, stress relief, and relaxation techniques.

#### DEEP WATER AEROBICS

Choose a high- or low-intensity workout. Must feel comfortable being in deep water. Flotation devices are provided. **CLASS IS HELD IN THE LAP POOL.**

#### H2O CIRCUIT

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

#### 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 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 brings balance to your life. Gentle workout suitable for all levels.

#### WATER WALKING

Easy and fun way to condition heart and lungs and strengthen muscles. Exercise at your own pace in our warm water pool. There are ankle weights available to create more challenge, if you are able. For all fitness levels, including people with arthritis.



### PLEASE NOTE...

- While the YWCA Greater Green Bay makes every effort to schedule the same instructor each week, we reserve the right to substitute instructors and cancel as needed.
- These classes are included in a full membership or 10-visit pass.
- To maintain social distance and capacity limits, online registration is required. See link on front side.
- Face covering required in all common areas except while in the pool.