




# YWCA GROUP FITNESS WATER CLASSES

All classes take place in the Exercise Pool unless otherwise noted.

## Spring 1 Session: January 28, 2019 – April 6, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM			6:30-7:15am Aqua Yoga Jane S. <b>**Lap Pool**</b>			
	7:45-8:30am Aqua Aerobics ChrisAnn*	8:00-8:45am H2O Combo Karen D.* <b>(No Class 3/5)</b>	7:45-8:30am Aqua Aerobics ChrisAnn*		7:45-8:30am Aqua Aerobics ChrisAnn*	
	8:30-9:30am Deep Water Aerobics Cal/Karen* <b>**Lap Pool**</b>		8:30-9:30am Deep Water Aerobics Cal/Karen* <b>**Lap Pool**</b>		8:30-9:30am Deep Water Aerobics Cal/Karen* <b>**Lap Pool**</b> <b>(No Class 3/1 &amp; 3/8)</b>	
	8:30-9:30am Joint Movement ChrisAnn*	8:45-9:30am Noodle Mania Judy	8:30-9:30am Joint Movement ChrisAnn*		8:30-9:30am Joint Movement ChrisAnn* <b>(No Class 2/1)</b>	8:30-9:30am Aqua Medley Karen D. <b>(No Class 2/16, 2/23, 3/2, 3/9)</b>
	9:30-10:15am Water Tai Chi Judy	9:30-10:15am Child Care Swim	9:30-10:15am Water Tai Chi Judy	9:30-10:15am Child Care Swim		
	10:15-11:00am Noodle Mania Judy	10:15-11:00am Aqua Medley Judy	10:15-11:00am Parent Tot Swim Lessons	10:15-11:00am OPEN SWIM 		10:00-11:30am Private Group Class
	11:00-11:45am Joint Movement Judy	11:00-11:45am Joint Movement Judy	11:00-11:45am Joint Movement Judy	11:00-11:45am Joint Movement Judy		
PM	4:15-5:00pm Water Pilates Tina	3:30-4:15pm Joint Movement Tina	4:15-5:00pm Water Pilates Tina	3:30-4:15pm Joint Movement Tina		
	5:00-5:30pm H2O Circuit Collin	4:15-5:15pm Water Walking Tina	5:00-5:30pm H2O Circuit ChrisAnn*	4:15-5:15pm Water Walking Tina		
	5:30-6:15pm Aqua Aerobics Collin	5:30-6:15pm Deep Water Aerobics Tina <b>**Lap Pool**</b>	5:30-6:15pm Aqua Aerobics ChrisAnn*	5:30-6:15pm Deep Water Aerobics Tina <b>**Lap Pool**</b>		
			6:15-7:00pm Parent Tot Swim Lessons	6:00-7:30pm Private Group Class		

2/7/2019

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\* While the YWCA Greater Green Bay makes every effort to schedule the same instructor each week, we reserve the right to substitute instructors as needed.  
 \* Please note that there will be substitute instructors for ChrisAnn's classes 01/23/19-02/05/19. There will be no 8:30 Joint Movement class on Friday 02/01/19.  
 \* Please note that there will be substitute instructors for many of Karen's classes 02/15/19-03/13/19. There will be no 8:00 Tuesday H2O Combo on 03/05/19, no 8:30 Friday Deep Water Aerobics on 03/01/19 and 03/08/19, and no 8:30 Saturday Aqua Medley on 02/16/19, 02/23/19, 03/02/19, and 03/09/19.

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CLASS	DESCRIPTION
<b>Aqua Aerobics</b>	10-minute warm-up and 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.
<b>Aqua Yoga</b>	A variety of yoga postures in the water, promoting balance, energy, deep breathing, and relaxation.
<b>Aqua Medley</b>	A medley of low-intensity to moderate aquatics exercises. Classes will vary throughout the session.
<b>Deep Water Aerobics</b>	Choose a high- or low-intensity workout. Must feel comfortable being in deep water. Flotation devices are provided. <b>**Class is held in the lap pool**</b>
<b>H2O Circuit</b>	A vigorous interval workout that quickly changes from cardio exercise to strength training exercise. Cardio and weight training in one fun workout.
<b>H2O Combo</b>	Jump in and condition your entire body! 45 minutes of aerobic, toning, and balance exercises to challenge your entire body.
<b>Joint Movement</b>	Low to moderate impact focusing on improving range of motion and increasing flexibility with a cardio workout.
<b>Noodle Mania</b>	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!
<b>OPEN SWIM</b>	Open time to relax, swim, and exercise in a non-structured environment. Lifeguard is on duty. Come and enjoy some free time.
<b>Water Pilates</b>	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.
<b>Water Tai Chi</b>	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.
<b>Water Walking</b>	Easy and fun way to condition heart and lungs and to strengthen muscles. Exercise at your own pace in our warm water pool. For all fitness levels, including people with arthritis.

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