



# Group Fitness **WATER** Classes

Spring Two:  
April 8-June 8, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30-7:15 am <b>AQUA YOGA</b> <i>Jane</i>			<b>PLEASE NOTE...</b> ↓
7:45-8:30 am <b>AQUA AEROBICS</b> <i>Chrisann</i>		7:45-8:30 am <b>AQUA AEROBICS</b> <i>Chrisann</i>		7:45-8:30 am <b>AQUA AEROBICS</b> <i>Chrisann</i>	All classes take place in the Exercise Pool except those in the shaded boxes.
8:30-9:30 am <b>DEEP WATER AEROBICS</b> <i>Cal/Karen</i> LAP POOL	8:30-9:15 am <b>WATER TAI CHI</b> <i>Eric</i>	8:30-9:30 am <b>DEEP WATER AEROBICS</b> <i>Cal/Karen</i> LAP POOL		8:30-9:30 am <b>DEEP WATER AEROBICS</b> <i>Cal/Karen</i> LAP POOL	<b>The YWCA is CLOSED</b> <b>Monday, May 27</b> <b>for Memorial Day</b>
8:30-9:30 am <b>JOINT MOVEMENT</b> <i>Chrisann</i>		8:30-9:30 am <b>JOINT MOVEMENT</b> <i>Chrisann</i>		8:30-9:30 am <b>JOINT MOVEMENT</b> <i>Chrisann</i>	8:30-9:30 am <b>AQUA MEDLEY</b> <i>Karen D.</i>
9:30-10:15 am <b>WATER TAI CHI</b> <i>Judy</i>	9:30-10:15 am <b>CHILD CARE SWIM</b>	9:30-10:15 am <b>WATER TAI CHI</b> <i>Judy</i>	9:30-10:15 am <b>CHILD CARE SWIM</b>		
10:15-11:00 am <b>NOODLE MANIA*</b> <i>Judy</i>	10:15-11:00 am <b>AQUA MEDLEY*</b> <i>Judy</i>	10:15-11:00 am <b>PARENT TOT SWIM LESSONS</b>	10:15-11:00 am <b>OPEN SWIM*</b>		
11:00-11:45 am <b>JOINT MOVEMENT</b> <i>Judy</i>	11:00-11:45 am <b>JOINT MOVEMENT*</b> <i>Judy</i>	11:00-11:45 am <b>JOINT MOVEMENT</b> <i>Judy</i>	11:00-11:45 am <b>JOINT MOVEMENT*</b> <i>Judy</i>		* Indicates class will not be held the week of April 8-12
4:15-5:00 pm <b>WATER PILATES</b> <i>Tina</i>	3:30-4:15 pm <b>JOINT MOVEMENT</b> <i>Tina</i>	4:15-5:00 pm <b>WATER PILATES</b> <i>Tina</i>	3:30-4:15 pm <b>JOINT MOVEMENT</b> <i>Tina</i>		
5:00-5:30 pm <b>H2O CIRCUIT</b> <i>Collin</i>	4:15-5:15 pm <b>WATER WALKING</b> <i>Tina</i>	5:00-5:30 pm <b>H2O CIRCUIT</b> <i>Chrisann</i>	4:15-5:15 pm <b>WATER WALKING</b> <i>Tina</i>		
5:30-6:15 pm <b>AQUA AEROBICS</b> <i>Collin</i>	5:30-6:15 pm <b>DEEP WATER AEROBICS</b> <i>Tina</i> LAP POOL	5:30-6:15 pm <b>AQUA AEROBICS</b> <i>Chrisann</i>	5:30-6:15 pm <b>DEEP WATER AEROBICS</b> <i>Tina</i> LAP POOL		
		6:15-7:00 pm <b>PARENT TOT SWIM LESSONS</b>			

**YWCA IS ON A MISSION**

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Spring Two: April 8-June 8, 2019

## **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**

10-minute warm-up & 20-minute moderate to high-intensity aerobics followed by stretching, toning & abdominal work. High intensity. Involves jumping, bouncing & 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, & relaxation.

### **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 & weight training in one fun workout.

### **JOINT MOVEMENT**

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

### **NOODLE MANIA\***

Get a full body work out 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, & buttocks to flow outward to the lower extremities. Develop balance by stabilizing the body's core, improve posture & 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 & brings 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, including people with arthritis.



## **PLEASE NOTE...**

- \* Indicates that there will be no class the week of 8-12th.
- 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.