



Group Fitness WATER Classes

and Exercise Pool Schedule

Summer 1: June 10–July 20, 2019

Summer 2: July 22–August 24, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30-7:15 am AQUA YOGA <i>Jane</i>			
7:45-8:30 am AQUA AEROBICS <i>Chrisann</i>		7:45-8:30 am AQUA AEROBICS <i>Chrisann</i>		7:45-8:30 am AQUA AEROBICS <i>Chrisann</i>	All classes take place in the Exercise Pool except those in the shaded boxes.
8:30-9:30 am DEEP WATER AEROBICS <i>Karen/Cal</i> LAP POOL	8:30-9:15 am WATER TAI CHI <i>Eric</i>	8:30-9:30 am DEEP WATER AEROBICS <i>Karen/Cal</i> LAP POOL		8:30-9:30 am DEEP WATER AEROBICS <i>Karen/Cal</i> LAP POOL	
8:30-9:30 am JOINT MOVEMENT <i>Chrisann</i>		8:30-9:30 am JOINT MOVEMENT <i>Chrisann</i>		8:30-9:30 am JOINT MOVEMENT <i>Chrisann</i>	8:30-9:30 am AQUA MEDLEY <i>Monika</i>
9:30-10:15 am WATER TAI CHI <i>Judy</i>	9:30-10:15 am CHILD CARE SWIM	9:30-10:15 am WATER TAI CHI <i>Judy</i>	9:30-10:15 am CHILD CARE SWIM		
10:15-11:00 am NOODLE MANIA <i>Judy</i>	10:15-11:00 am AQUA MEDLEY <i>Judy</i>	10:15-11:00 am PARENT TOT SWIM LESSONS	10:15-11:00 am OPEN SWIM		PLEASE NOTE... The YWCA is CLOSED Thursday, July 4.
11:00-11:45 am JOINT MOVEMENT <i>Judy</i>	11:00-11:45 am JOINT MOVEMENT <i>Judy</i>	11:00-11:45 am JOINT MOVEMENT <i>Judy</i>	11:00-11:45 am JOINT MOVEMENT <i>Judy</i>		
12:45-2:15 pm WRIGHTSTOWN PLAY SWIM 6/10-6/28	12:45-2:15 pm WRIGHTSTOWN PLAY SWIM 6/10-6/28	12:45-2:15 pm WRIGHTSTOWN PLAY SWIM 6/10-6/28	12:45-2:15 pm WRIGHTSTOWN PLAY SWIM 6/10-6/28	12:45-2:15 pm WRIGHTSTOWN PLAY SWIM 6/10-6/28	
2:15-3:00 pm CAMP PLAY SWIM					
3:00-3:45 pm JUNIOR CAMP PLAY SWIM	3:30-4:15 pm JOINT MOVEMENT <i>Tina</i>		3:30-4:15 pm JOINT MOVEMENT <i>Tina</i>		
4:15-5:00 pm WATER PILATES <i>Tina</i>	4:15-5:15 pm WATER WALKING <i>Tina</i>	4:15-5:00 pm WATER PILATES <i>Tina</i>	4:15-5:15 pm WATER WALKING <i>Tina</i>		
5:00-5:30 pm H2O CIRCUIT <i>Collin</i>		5:00-5:30 pm H2O CIRCUIT <i>Chrisann</i>			
5:30-6:15 pm AQUA AEROBICS <i>Collin</i>	5:30-6:15 pm DEEP WATER AEROBICS <i>Tina</i> LAP POOL	5:30-6:15 pm AQUA CORE & MORE <i>Chrisann</i>	5:30-6:15 pm DEEP WATER AEROBICS <i>Tina</i> LAP POOL		
		6:15-7:00 pm PARENT TOT SWIM LESSONS			

YWCA IS ON A MISSION

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and Exercise Pool Schedule

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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 and abdominal work. High intensity. Involves jumping, bouncing and being comfortable taking both feet off the pool bottom.

AQUA CORE & MORE

Start with a little stretching, toning, and core 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

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

- 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.