

Group Fitness WATER Classes

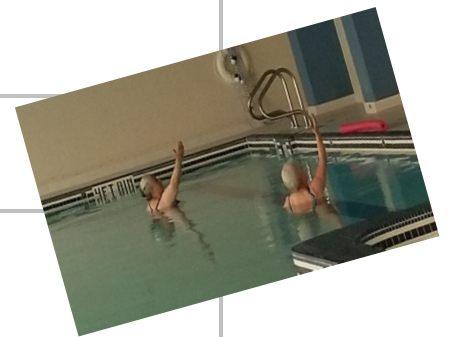
and Exercise Pool Schedule

Winter | November 9, 2020-January 30, 2021

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
<p>The YWCA will be closed Thu. 11/26/20, Fri. 12/25/20, and Fri. 1/1/21.</p> <p>Watch for holiday class schedules!</p>		<p>6:30-7:15 am AQUA YOGA Jane S.</p>			<p>All classes take place in the Exercise Pool except those in the shaded boxes.</p>
<p>7:45-8:25 am AQUA AEROBICS Chrisann W.</p>		<p>7:45-8:25 am AQUA AEROBICS Chrisann</p>		<p>7:45-8:25 am AQUA AEROBICS Chrisann W.</p>	
<p>8:30-9:30 am DEEP WATER AEROBICS Karen/Cal LAP POOL</p>	<p>8:15-9:00 am GENTLE MOVES Betty D.</p>	<p>8:30-9:30 am DEEP WATER AEROBICS Karen/Cal LAP POOL</p>	<p>8:15-9:00 am GENTLE MOVES Betty D.</p>	<p>Returning class! 8:30-9:30 am DEEP WATER AEROBICS Karen/Cal LAP POOL</p>	<p>8:30-9:15 am AQUA MEDLEY Monika H.</p>
<p>8:30-9:15 am JOINT MOVEMENT Chrisann W.</p>		<p>8:30-9:15 am JOINT MOVEMENT Chrisann W.</p>		<p>8:30-9:15 am JOINT MOVEMENT Chrisann W.</p>	
<p>9:30-10:15 am WATER TAI CHI Judy G.</p>	<p>9:30-10:15 am CHILD CARE (Private)</p>	<p>9:30-10:15 am WATER TAI CHI Judy G.</p>	<p>9:30-10:15 am CHILD CARE (Private)</p>		
<p>10:15-11:00 am NOODLE MANIA Judy G.</p>	<p>10:15-11:00 am AQUA MEDLEY Judy G.</p>	<p>10:15-11:00 am PARENT TOT SWIM LESSONS (Private)</p>	<p>10:15-10:55 am WATER WALKING Judy G.</p>		
<p>11:00-11:45 am JOINT MOVEMENT Judy G.</p>	<p>11:00-11:45 am JOINT MOVEMENT Judy G.</p>	<p>11:00-11:45 am JOINT MOVEMENT Judy G.</p>	<p>11:00-11:45 am JOINT MOVEMENT Judy G.</p>		
	<p>3:15-4:00 pm JOINT MOVEMENT Tina E. No Class 11/10</p>		<p>3:15-4:00 pm JOINT MOVEMENT Tina E. No class 11/12</p>		
	<p>4:00-4:45 pm AQUA AEROBICS Tina E. No Class 11/10</p>		<p>4:00-4:45 pm AQUA AEROBICS Tina E. No class 11/12</p>		
<p>New! 4:45-5:30 pm AQUA AEROBICS Tina E. Collin subbing 11/9</p>	<p>4:45-5:30 pm WATER WALKING Tina E. No Class 11/10</p>	<p>5:00-5:30 pm H2O CIRCUIT Chrisann W.</p>	<p>4:45-5:30 pm WATER WALKING Tina E. No class 11/12</p>		
<p>New! 5:35-6:15 pm WATER PILATES Tina E. Collin subbing 11/9</p>	<p>5:30-6:15 pm DEEP WATER AEROBICS Tina E. LAP POOL No Class 11/10</p>	<p>5:35-6:10 pm AQUA CORE & MORE Chrisann W.</p>	<p>5:30-6:15 pm DEEP WATER AEROBICS Tina E. LAP POOL No class 11/12</p>		
		<p>6:15-7:00 pm PARENT TOT SWIM LESSONS (Private)</p>			



YWCA IS ON A MISSION

Group Fitness **WATER** Classes

and Exercise Pool Schedule

Winter | November 9, 2020-January 30, 2021

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. **CLASSES ARE 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!

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. 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. Try out the ankle weights available to create more challenge, if you would like! 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.