<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
|        | 7:45-8:25 am AQUA YOGA  
Jane S. | 7:45-8:25 am AQUA AEROBICS  
Pam A. | 7:45-8:25 am AQUA AEROBICS  
Pam A. | All classes take place in the Exercise Pool except those in the blue shaded boxes. |
| 8:30-9:30 am DEEP WATER AEROBICS  
Karen/Col D. LAP POOL | 8:30-9:15 am GENTLE MOVES  
Betty D. | 8:30-9:30 am DEEP WATER AEROBICS  
Karen/Col D. LAP POOL | 8:30-9:15 am GENTLE MOVES  
Betty D. | 8:30-9:30 am DEEP WATER AEROBICS  
Karen/Col D. LAP POOL |
| 8:30-9:15 am JOINT MOVEMENT  
Stephanie H. | 9:30-10:15 am JOINT MOVEMENT  
Judy G. | 9:30-10:15 am JOINT MOVEMENT  
Judy G. | 9:30-10:15 am JOINT MOVEMENT  
Judy G. | 8:30-9:15 am AQUA MEDLEY  
Monika H. |
| 9:30-10:15 am WATER TAI CHI  
Judy G. | 9:30-10:15 am CHILD CARE  
(Private) | 9:30-10:15 am WATER TAI CHI  
Judy G. | 10:15-10:55 am WATER WALKING  
Judy G. |
| 10:15-11:00 am NOODLE MANIA  
Judy G. | 10:15-11:00 am AQUA MEDLEY  
Judy G. | 10:15-11:00 am PARENT TOT SWIM LESSONS  
(Private) | 10:15-11:00 am AQUA MEDLEY  
Judy G. |
| 1:00-11:45 am JOINT MOVEMENT  
Judy G. | 11:00-11:45 am JOINT MOVEMENT  
Judy G. | 11:00-11:45 am JOINT MOVEMENT  
Judy G. | 11:00-11:45 am JOINT MOVEMENT  
Judy G. |
| 3:15-4:00 pm JOINT MOVEMENT  
Tina E. | 3:15-4:00 pm JOINT MOVEMENT  
Tina E. | 4:00-4:45 pm WATER WALKING  
Tina E. | 4:00-4:45 pm WATER WALKING  
Tina E. |
| 4:45-5:30 pm AQUA AEROBICS  
Tina E. | 4:45-5:15 pm AQUA AEROBICS  
Tina E. | 5:00-5:45 pm H2O CIRCUIT & CORE  
Judy G. | 4:45—5:15 pm AQUA AEROBICS  
Tina E. |
| 5:35-6:15 pm WATER PILATES  
Tina E. | 5:30-6:15 pm DEEP WATER AEROBICS  
Tina E. LAP POOL | 5:30-6:15 pm DEEP WATER AEROBICS  
Tina E. LAP POOL | 6:15—7:00 pm PARENT TOT SWIM LESSONS  
(Private) |

Reserve a spot in class here: [https://www.signupgenius.com/go/9040A4AA5A62FA1F85-ywca4](https://www.signupgenius.com/go/9040A4AA5A62FA1F85-ywca4)

Face covering required in all common areas except while in the pool.
**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 MEDLEY**

A medley of low-intensity to moderate aquatics exercises. Classes will vary throughout the session.

**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.**

**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 & CORE**

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 bring 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

**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.

Updated 11/09/2021