



# Group Fitness WATER Classes

and Exercise Pool Schedule

Winter | November 8, 2021—January 29, 2022

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
		6:30-7:15 am <b>AQUA YOGA</b> Jane S.			
7:45-8:25 am <b>AQUA AEROBICS</b> Gwen B.		7:45-8:25 am <b>AQUA AEROBICS</b> Pam A.		7:45-8:25 am <b>AQUA AEROBICS</b> Pam A.	All classes take place in the Exercise Pool except those in the blue shaded boxes.
8:30-9:30 am <b>DEEP WATER AEROBICS</b> Karen/Cal D. LAP POOL	8:30-9:00 am <b>GENTLE MOVES</b> Betty D.	8:30-9:30 am <b>DEEP WATER AEROBICS</b> Karen/Cal D. LAP POOL	8:30-9:00 am <b>GENTLE MOVES</b> Betty D.	8:30-9:30 am <b>DEEP WATER AEROBICS</b> Karen/Cal D. LAP POOL	
8:30-9:15 am <b>JOINT MOVEMENT</b> Gwen B.		8:30-9:15 am <b>JOINT MOVEMENT</b> Judy G.		8:30-9:15 am <b>JOINT MOVEMENT</b> Judy G.	8:30-9:15 am <b>AQUA MEDLEY</b> Monika H.
9:30-10:15 am <b>WATER TAI CHI</b> Judy G.	9:30-10:15 am <b>CHILD CARE</b> (Private)	9:30-10:15 am <b>WATER TAI CHI</b> Judy G.	9:30-10:15 am <b>CHILD CARE</b> (Private)		
10:15-11:00 am <b>NOODLE MANIA</b> Judy G.	10:15-11:00 am <b>AQUA MEDLEY</b> Judy G.	10:15-11:00 am <b>PARENT TOT SWIM LESSONS</b> (Private)	10:15-10:55 am <b>WATER WALKING</b> Judy G.		
11:00-11:45 am <b>JOINT MOVEMENT</b> Judy G.	11:00-11:45 am <b>JOINT MOVEMENT</b> Judy G.	11:00-11:45 am <b>JOINT MOVEMENT</b> Judy G.	11:00-11:45 am <b>JOINT MOVEMENT</b> Judy G.		
	3:15-4:00 pm <b>JOINT MOVEMENT</b> Tina E.		3:15-4:00 pm <b>JOINT MOVEMENT</b> Tina E.		
	4:00-4:45 pm <b>WATER WALKING</b> Tina E.		4:00-4:45 pm <b>WATER WALKING</b> Tina E.		
4:45-5:30 pm <b>AQUA AEROBICS</b> Tina E.	4:45-5:15 pm <b>AQUA AEROBICS</b> Tina E.	5:00-5:45 pm <b>H2O CIRCUIT &amp; CORE</b> Judy G.	4:45-5:15 pm <b>AQUA AEROBICS</b> Tina E.		
5:35-6:15 pm <b>WATER PILATES</b> Tina E.	5:30-6:15 pm <b>DEEP WATER AEROBICS</b> Tina E. LAP POOL		5:30-6:15 pm <b>DEEP WATER AEROBICS</b> Tina E. LAP POOL		
		6:15-7:00 pm <b>PARENT TOT SWIM LESSONS</b> (Private)			



**YWCA IS ON A MISSION**

# Group Fitness **WATER** Classes

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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 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.**

### **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.