

# WATER FITNESS CLASSES –SCHEDULE & DESCRIPTIONS

## Twin Lakes Family YMCA

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7am	<b>\$ Aqua Boot Camp \$</b> 7:30am - 8:25am Betty Lou		<b>\$ Aqua Boot Camp \$</b> 7:30am - 8:25am Betty Lou		<b>\$ Aqua Boot Camp \$</b> 7:30am - 8:25am Betty Lou
8am	<b>Aqua Power</b> 8:30am - 9:15am Elaina	<b>Interval Challenge</b> 8am-8:45am Angela	<b>Aqua Power</b> 8:30am - 9:15am Angel	<b>Aqua Zumba</b> 8am-8:45am Sylvie	<b>Aqua Power</b> 8:30am - 9:15am Mary
9am			<b>Aqua Pilates</b> 9:30am - 10:00am Jennifer		
10am	<b>Aqua Gold</b> 10:30am - 11:35am Elaina		<b>Aqua Gold</b> 10:30am - 11:35am Jennifer		<b>Aqua Gold</b> 10:30am - 11:15am Diana
11am	<b>\$ Aqua Flow \$</b> 11:30am - 12:20pm (WWT Pool) Diana	<b>Aqua Gold</b> 11am - 11:45am Jennifer	<b>\$ Aqua Flow \$</b> 11:30am - 12:20pm (WWT Pool) Diana	<b>Aqua Gold</b> 11am - 11:45am Jennifer	
6pm	<b>\$ Aqua Flow \$</b> 6:00pm - 6:50pm Monica	<b>\$ Aqua Flow \$</b> 6:00pm - 6:50pm Monica	<b>\$ Aqua Flow \$</b> 6:00pm - 6:50pm Monica		<b>\$ Aqua Flow \$</b> 6:00pm - 6:50pm Monica
7pm		<b>Deep Definition</b> 7:15pm-8pm Sylvie		<b>Deep Definition</b> 7:15pm-8pm Sylvie	

## **CLASS DESCRIPTIONS**

\$ Aqua Boot Camp (50 minute class) monthly draft / \$ Aqua Flow (50 minute class) monthly draft

### **AQUA BOOT CAMP: (\$) FEE REQUIRED MUST REGISTER AT MEMBER SERVICES DESK (\$36 a month Members/\$45 a month Non-Members)-monthly**

Looking for motivation with the same group week after week? This monthly, circuit-style water fitness workout, will improve your cardiovascular fitness, increase strength, endurance and improve flexibility. Prepare for some intense movement to get your body in shape and achieve maximum results through this fun and challenging total body workout that provides minimum impact on joints! This class incorporates weights, water sprints and some deck movement. MUST HAVE SWIM EXPERIENCE.

### **AQUA FLOW: (\$) FEE REQUIRED-MUST REGISTER AT MEMBER SERVICES DESK (\$27 a month Members/\$36 a month Non-Members)-monthly**

Class focuses on flexibility and range-of-motion. We move every joint with a goal to reduce and prevent pain around that joint. Easy walking is done to provide cardio benefits and water adds resistance that improves strength and endurance. This class is designed for all ages that have arthritis, joint or pulmonary issues, and is also beneficial for post-rehab participants. MUST PICK ONLY TWO SAME COLOR DAYS. Only 8 people per class. Class Location: Warm Water Therapy Pool

### **AQUA GOLD: FREE for Members & \$8 for Non-Members – NO REGISTRATION REQUIRED**

Get your body in motion with this active older adults low impact class to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required; class will include work with noodles and water weights. Note: Water ranges from 4' to 4.6" depending on location. Float belts can be used if desired. Class Location: Indoor Pool, See Schedule (class limited depending on location)

### **AQUA POWER: FREE for Members & \$8 for Non-Members – NO REGISTRATION REQUIRED**

Enjoy water exercise that provides cardio, strength and toning benefits. This class will use buoyant or resistive equipment and is designed for all levels for people wanting a great full body cardio workout, ends with flexibility and stretching. Get your body in motion!

### **AQUA ZUMBA: FREE for Members & \$8 for Non-Members – NO REGISTRATION REQUIRED**

This class gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting are all a part of this jammin' workout. By integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, this class blends it all together in a safe, challenging, water-based workout that's cardioconditioning, body toning and most of all exhilarating. We're bringing the Zumba party to the pool!

### **INTERVAL CHALLENGE: FREE for Member & \$8 for Non-Members- NO REGISTRATION REQUIRED**

Using the resistance of the water and a variety of equipment and movement, this class will improve strength, coordination and challenge the core.

### **DEEP DEFINITION: FREE for Member & \$8 for Non-Members- NO REGISTRATION REQUIRED**

Classes take place in the 'DEEP' end of our pool (6ft-5ft) participants combine cardiovascular work, deep water running, jogging, bicycling and other movements with focus on muscular strength motions that work the body's major muscle groups as well as motion that work the core and balance.