



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective September
2021

WATER FITNESS CLASSES –SCHEDULE & DESCRIPTIONS

Twin Lakes Family YMCA

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7am	\$ Aqua Boot Camp \$ 7:30am – 8:25am Main Pool/Betty Lou		\$ Aqua Boot Camp \$ 7:30am – 8:25am Main Pool/Betty Lou		\$ Aqua Boot Camp \$ 7:30am – 8:25am Main Pool/Betty Lou
8am	Aqua Power 8:30am – 9:15am Main Pool/Sylvie	Interval Challenge 8am – 8:45am Main Pool/Angela	Aqua Power 8:30am – 9:15am Main Pool/Angela	Aqua Zumba 8:15am – 9am Main Pool/Sylvie	Aqua Power 8:30am – 9:15am Main Pool/
9am		Masters Swim 9am-10am		Masters Swim 9am-10am	
10am	Aqua Gold 10:30am – 11:15am Main Pool/Diana Hurricanes 10am-11am	Hurricanes 10am-11am	Aqua Gold 10:30am – 11:15am Main Pool/Diana Hurricanes 10am-11am	Hurricanes 10am-11am	Aqua Gold 10:30am – 11:15am Main Pool/Diana Hurricanes 10am-11am
11am	\$ Aqua Flow \$ 11:30am – 12:20pm WWT Pool/Diana	Aqua Gold 11:15am – 12pm Main Pool/Jennifer	\$ Aqua Flow \$ 11:30am – 12:20pm WWT Pool/Diana	Aqua Gold 11:15am – 12pm Main Pool/Jennifer	
5pm 6pm	\$ Aqua Flow \$ 5pm – 5:50pm 6pm – 6:50pm WWT Pool/Monica		\$ Aqua Flow \$ 5pm – 5:50pm 6pm – 6:50pm WWT Pool/Monica		
7pm				Deep Definition 7pm-7:50pm Main Pool/ 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 for Y Members/\$45 a month for Community 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 for Y Members/\$36 a month for Community 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 TWO SAME COLOR DAYS ONLY. Only 8 people per class. Class Location: Warm Water Therapy Pool

AQUA GOLD: FREE for Y 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 Y 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 Y 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 cardio-conditioning, body toning and most of all exhilarating. We're bringing the Zumba party to the pool!

INTERVAL CHALLENGE: FREE for Y 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 Y 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.