PARKVIEW WARSAW YMCA

WATER AEROBICS SCHEDULE

NOVEMBER 1ST – NOVEMBER 30TH

PARKVIEW WARSAW YMCA

MONDAY

TIME	CLASS	ROOM
7:30-8:30 AM	Movers & Groovers	LP
8:30-9:30 AM	Making Waves	WW
9:30-10:30 AM	Water Works	WW
9:30-10:30 AM	Tone & Fit 1	LP
10:30-11:00 AM	Aqua Abs	LP

TUESDAY

8:30-9:30 AM	Joyful Joints	WW
6:00-7:00 PM	Deep Water Aerobics	LP

WEDNESDAY

7:30-8:30 AM	Movers & Groovers	LP
8:30-9:30 AM	Making Waves	WW
9:30-10:30 AM	Water Works	WW
9:30-10:30 AM	Tone & Fit 2	LP
10:30-11:00 AM	Aqua Abs	LP
5:00-6:00 PM	Aqua Fit	WW

THURSDAY

8:30-9:30 AM	Joyful Joints	WW
6:00-7:00 PM	Deep Water Aerobics	LP

FRIDAY

7:30-8:30 AM	Movers & Groovers	LP
8:30-9:30 AM	Making Waves	WW
9:30-10:30 AM	Tone & Fit 3	LP
9:30-10:30 AM	Water Works	WW
10:30-11:00 AM	Morning Stretch	LP

SATURDAY

10:30-11:30 AM	Aquacise (STARTING JUNE 20TH)	LP

POOL LOCATIONS
LP | LAP POOL
WW | WARM WATER POOL

CLASS DESCRIPTIONS

LOW IMPACT, HIGH RESULTS | While building relationships with others, you will actively participate in low-impact cardio and strength exercises that are good for both your body and mind. (Ages 15 and up)

BEGINNER FITNESS LEVEL

JOYFUL JOINTS | Based on the principals of the Arthritis Foundation, Joyful Joints focuses on improving range of motion, balance, and muscle strength. Held in the Warm water pool, this is a fun class for people with arthritis, recovering from surgery or wanting to get back into exercise.

WATER WORKS | Water works is a full body workout. Resistance training, aerobics, strength training, and varied stretching movements. Warm Water provides many benefits: joint flexibility, increased muscle strength, improved balance. The weightlessness in the water allows for a full range of motion. (Ages 15 and up).

MEDIUM FITNESS LEVEL

MAKING WAVES | A wake up call for the mind and body, an interval training workout combining cardio and muscle toning.

MOVERS AND GROOVERS | A fun way to improve overall health and fitness. This class includes cardio training, strength building, body toning, and core development. Uplifting conversation and fellowship included at no extra charge!

AQUA FIT | A way to relieve some of the mid-week stresses of the body and mind. This class combines cardio, muscle toning and strengthening, and stretching, along with a lot of fun.

AQUACISE | Aquacise is a fun, low impact water fitness class designed to improve cardiovascular health, strength, flexibility, and muscle endurance. Using a variety of exercises and aquatic equipment, participants enjoy a moderate intensity workout that is both effective and easy on the knees and joints.

VARYING FITNESS LEVELS

AQUA ABS | Use the weightlessness of water to your advantage. Get a workout centered on your core. Minimal swimming skills are needed.

DEEP WATER AEROBICS | A workout for all fitness levels that uses fun and intense movements to increase heart rate and strengthen major muscle groups. Participants do not need to know how to swim but must be comfortable in the deep end of the pool. A flotation belt can be used if the class member is not able to tread water. A great class with no direct impact on your joints. Have fun and get fit at the same time.

TONE & FIT I | This class is a fast-paced total body work out in the lap pool. Emphasis is on endurance as well as strengthening and conditioning.

TONE & FIT II | Water aerobics is a great way to get a high impact exercise routine without high impact on knees and other joints. With that in mind, this tone and fit class is structured to offer abduction and adduction exercises to increase range of motion, stabilize joints and prevent injuries. We also work on flexion and extension, utilizing muscles that strengthen different parts of the body.

TONE & FIT III | is an aqua aerobic interval training and strength building class taught in the lap pool. No swimming is required but participants should be prepared to move and use water accessories designed to increase water resistance. The goal is for participants to reach an anaerobic heart rate several times during the class.

MORNING STRETCH | End your week with an overall body stretch designed to increase flexibility and mobility, improve balance and strengthen your core. The water provides support and massage while you reach for your goals. This class is excellent for the average person who wants to lead a quality life as well as runners, bikers, lap swimmers and walkers who have tight muscle groups and need to stretch out. No swimming required. Equipment may be used to enhance your experience. Principles from joint health, pilates and yoga may also be incorporated.