



PARKVIEW WARSAW YMCA

WATER AEROBICS SCHEDULE

JANUARY - MAY

MONDAY

TIME	CLASS	ROOM
7:30-8:30 AM	Movers & Groovers	LP
8:30-9:30 AM	Making Waves	WW
8:30-9:30 am	Morning Stretch	LP
9:30-10:30 AM	Water Works	WW
9:30-10:30 AM	Tone & Fit	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
8:30-9:30 am	Morning Stretch	LP
9:30-10:30 AM	Water Works	WW
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
8:30-9:30 am	Morning Stretch	LP
9:30-10:30 AM	Water Works	WW

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.

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. Warm Water Pool.

WATER WORKS | Using the freedom water can provide, our instructor will lead participants in a variety of activities to get those with special needs and their caregiver in motion. (Ages 13 and up). Warm Water Pool.

MEDIUM FITNESS LEVEL

MAKING WAVES | A wake up call for the mind and body, an interval training workout combining cardio and muscle toning. Formerly known as Aqua Fit M,W,F morning class. Warm Water Pool.

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! Lap Pool.

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. Warm Water Pool.

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. Lap Pool.

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! Lap Pool.

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

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.

POOL LOCATIONS
LP | LAP POOL
WW | WARM WATER POOL