



FREE "AQUA" EXERCISE CLASS SCHEDULE
KV YMCA WINTER SESSION
 EFFECTIVE: 1/2/2018

All Aqua Classes are in the Family Fun Pool unless noted CP (Competition Pool)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:00AM	Aqua Fit I Kim G.	Aqua Fit I Chris V	Aqua Fit I Chris V	Aqua Walking/ Running Kim G.	Aqua Fit I Kim G.	
9:00 - 9:30AM	Joint Ventures Kim G.	Joint Ventures Chris V	Aqua Yoga 9-10am Jacqui/Debbi	Joint Ventures Kim G.	Joint Ventures Kim G.	Aqua Fit II Linda CP 9-10AM
11:00AM-12:00PM	Aqua Fit II	Aqua Fit II Barbara				
12:00 - 1:00PM						
12:30 - 1:30PM				Aqua Fit II Kim G.		
6:00-7:00PM		Aqua Fit II Linda CP		Aqua Fit II Linda CP		

Aqua Fitness Group Exercise Class Descriptions (alphabetized)

Aqua Fit I– This low-impact workout in the shallow end of the pool emphasizes balance, coordination and flexibility, and is sure to improve physical, social and mental well-being.

Aqua Fit II– Aqua Fit II classes are geared toward those who want to get a little more vigor out of a pool workout. Each includes a warm-up, cardio section and cool down, followed by muscle strength, endurance and core activation exercises using various equipment for buoyancy and water resistance.

Aqua Walking/Running– Did you know that 30 minutes of water walking can equal two hours of walking on land? This is a deep water workout, for which participants wear aqua-jogger belts for stability. Class format is interval style and includes familiar athletic movements that are easy on the joints but allow you to work as hard as you'd like!

Aqua Yoga— links breath, body movements and mental intention to create physical wellness. The buoyancy of the warm water pool welcomes all people, including those new to yoga or with physical restrictions, to reach greater body awareness, flexibility and balance. The focus of the yoga brings quietness to the mind, strengthening body awareness in the pool and out of the pool. No swimming is required. Bathing suits or close fitting clothing is the only equipment you will need.

Joint Ventures– These classes, designed by the YMCA and the Arthritis Foundation, focus exclusively on range of motion exercises for the total body in the shallow end of the pool. Participation is non-stressful and improves daily mobility and flexibility as it decreases joint stiffness and helps with pain management. These classes are also ideal for members with fibromyalgia, muscular sclerosis, or other neuromuscular complications.



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