



AQUA FITNESS SCHEDULE

*effective 1.10.20

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 Shayna	Aqua Fit Shayna	Aqua Fit Jacqui / Debbie	Aqua Fit Kim	Aqua Fit Jacqui	
9:00 - 9:30AM	Joint Ventures Shayna	Joint Ventures Shayna	Aqua Yoga 9-10am Jacqui / Debbie	Joint Ventures Kim	Joint Ventures Jacqui	Aqua Fit II Linda CP 9-10AM
11AM-12PM	Aqua Fit II Barbara	Aqua Fit II Barbara				
12:30 - 1:30PM				Aqua Fit II Karen		
6:00- 7:00PM		Aqua Fit II Linda CP		Aqua Fit II Linda CP		

CLASS DESCRIPTIONS

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 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 de-creases joint stiffness and helps with pain management. These classes are also ideal for members with fibromyalgia, muscular sclerosis, or other neuromuscular complications.

For the most accurate class schedule, including class cancellations please visit our Facebook page or website at www.kvymca.org or download our app!

You can also sign-up to be on a phone tree at our Welcome Center to receive a phone call in the event of a pool closure or class cancellation.

For more information or feedback, contact Johanna, Health & Wellness Director at 622-9622 ext. 122 or johanna@kvymca.org.