



# SUMMER

## AQUA CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT
8:00AM	CARDIO SPLASH & TONE (SHAYNA) 8:15am-9am	CARDIO SPLASH & TONE (SHAYNA) 8:15am-9am	AQUA FIT (JACQUI) 8am-9am	AQUA AEROBICS (KIM) 8am-9am	AQUA FIT (JACQUI) 8am-9am	
9:00AM			AQUA YOGA (DEBBIE OR JACQUI) 9am-9:45am		AQUA YOGA (JACQUI) 9am-9:45am	AQUA FIT BODY & SOUL (LINDA) 9-10am
11:00AM	AQUA FIT (BARBARA) 11am-12pm		AQUA FIT (BARBARA) 11am-12pm			
6:00PM		AQUA FIT BODY & SOUL (LINDA) 6-7PM		AQUA FIT BODY & SOUL (LINDA) 6-7PM		

### Aqua Aerobics

A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone, cardiovascular endurance and balance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

Held in the warm therapy pool

### Cardio Splash & Tone

This water fitness program is held in the warm therapy pool and provides a no-impact but challenging cardiovascular workout. Participants will use styrofoam dumbbells to perform a variety of motions including water walking and running, abdominal work and toning exercises.

This class is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone.

### Aqua Yoga

Aqua Yoga is a low-impact aquatic exercise, performing yoga poses in water. Aqua Yoga poses help you develop strength, static balance, and increases range of motion with little to no impact on joints, especially knees, hips, and ankles. No yoga experience is necessary. Held in the warm therapy pool.

### Aqua Fit Body & Soul

The use of aerobic equipment increases the water resistance that will improve your overall strength, endurance, cardio health, balance and improve your core muscles. This is a low-impact high intensity workout with music for the soul. These classes are held in the competition pool.

Questions or Feedback?

Shayna Lester, Health & Wellness Director at shayna@kymca.org or by calling 207-707-4771.