



**FREE "AQUA" GROUP EXERCISE CLASS SCHEDULE**  
KV YMCA Winter 2012 Effective Jan. 5th, 2012

\* All classes in Family Fun Pool unless noted by CP = Competition Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00–9:00 am	Aqua Fit I Kim G.	Aqua Walking/ Running – Johanna	Aqua Fit I Kim C.	Aqua Walking/ Running – Kim G.	Aqua Fit I Kim C	
9:00–9:30 am	Joint Ventures –Kim G.	Joint Ventures – Johanna	Joint Ventures –Kim C.	Joint Ventures – Kim G.	Joint Ventures – Kim C	
10:30–11:15 am	Aqua Tone –Kim G.		Silver Splash –Mona			
12:00–1:00 pm			Aqua Boot Camp		Aqua Cardio & Core –Kim G	Aqua Fit II –Linda CP
12:30–1:30 pm	Aqua Fit II Barbara	Aqua Fit II –Barbara		Aqua Fit II Barbara		
5:30–6:30 pm		Aqua Fit II–Linda CP		Aqua Fit II–Linda CP		
6:30–7:30 pm		Aqua Blast –Brandon		Aqua Zumba– Jen F CP		

**Aqua Fitness Group Exercise Class Descriptions** *(alphabetized)*

**Aqua Blast**– This new class is the most aggressive one of all our Aqua Fitness offerings. By instructor’s choice, the format will vary between hard core cardio and muscle conditioning interval training and athletic drills. Expect a high intensity workout!

**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 Cardio & Core**– Take a break from higher impact cardio exercise on land and cross-train in the warm pool. You’ll get a massage on your joints while burning calories and using your trunk muscles as you combine athletic moves and kickboxing drills. The water is your opponent!

**Aqua Cardio Core & More**– This class is developed to further your cardio and core abilities in the water. Burn extreme calories while maintaining a low impact, up-beat workout. This will target your mid-section and has a lot of fun moves to complete an all around total body workout. Work against the water!

**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 Tone**– Tone up your entire body with this water workout. Class components include cardio warm-up, strength training, and balance/flexibility.

**Aqua Zumba**: Known as the “pool party” Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines. Aqua Zumba blends it all together into a safe, challenging, water-based workout that cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**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.

**SilverSneakers ® SilverSplash**– Activate your aqua exercise urge for variety! SilverSplash offers lots of fun and shallow moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special kickboard is used to develop strength, balance and coordination.



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