



**NORTHWEST FAMILY YMCA**

**JANUARY**

<b>Monday</b>			
8:30-9:15am	Water Walking	Denise Hornberger	Lazy River
9:15-10:30am	Water Walking	Independent Exercise	Lazy River
9:30-10:15am	Silver & Fit	Denise Hornberger	Therapy Pool
10:30-11:15am	Inclusion Dance Party	Barb Resseguie	Therapy pool
6:00-6:45pm	Water Walking	Terri Petrusch	Lazy River
6:45-8:30pm	Water Walking	Independent Exercise	Lazy River
7:15- 8:00pm	Cardio Plus	Terri Petruch	Therapy Pool
<b>Tuesday</b>			
6:30-7:15am	Hydro Fit Deep	Lisa Santoro	Deep Lap
8:00-8:45am	Deep Waves	Donna Darling	Deep Lap
9:30-10:15am	Pilates & Barre	Jennifer Voglewede	Therapy Pool
10:30-11:15am	Stretch & Tone	Jennifer Voglewede	Therapy Pool
5:30-6:15pm	Total Body	Selena Buckner	S/D Lap Pool
6:30-7:15pm	H2O Bootcamp	Briant Buckner	S/D Lap Pool
<b>Wednesday</b>			
8:30-9:15am	Water Walking	Denise Hornberger	Lazy River
9:15-10:30am	Water Walking	Independent Exercise	Lazy River
9:30-10:15am	Aqua Yoga	Denise Hornberger	Therapy Pool
10:30-11:15am	Cardio Splash	Dianne Harrington	Therapy Pool
6:30- 7:15pm	Family Water Fitness (kids)	Selena/Briant Buckner	Therapy Pool
7:30-8:15pm	H.I.I.T Aquatics	Briant Buckner	Shallow Lap
<b>Thursday</b>			
6:30-7:15am	Hydro Fit Deep	Lisa Santoro	Deep Lap
8:00-8:45am	Aqua Fit	Donna Darling	Therapy Pool
8:30-10:30am	Water walking	Independent exercise	Lazy River
9:00-9:45am	Pilates	Jill Braun	Therapy pool
6:00-6:30pm	Water Walking	Independent Exercise	Lazy River
6:30-7:15pm	Current Chaos	Briant Buckner	Lazy River
7:15-8:30pm	Water Walking	Independent Exercise	Lazy River
7:30- 8:15pm	Aqua Kickboxing	Briant Buckner	S/D Lap Pool
<b>Friday</b>			
9:00-9:45am	Aqua Cardio	Jill Braun	Lap pool
10:00-10:45am	Aqua Barre	Jill Braun	Therapy Pool
6:30-7:15pm	Shallow/Deep Combo	Briant Buckner	Lap pool
<b>Sunday</b>			
8:30-9:15am	Aqua Surge	Linda Brown	S/D Lap Pool

**Please note, for safety and program quality we will be limiting class size to 30 participants**  
**Class descriptions can be found on the back of this schedule**

**Aqua Barre-** This class focuses on building essential core strength, while using classic barre exercises to improve balance and tone every major and minor muscle group. Taught in the Therapy Pool.

**Aqua Cardio Bootcamp-**A high intensity class designed to increase cardiovascular health and work every part of the body

**Aqua Fit-** This class provides an atmosphere of safe resistance for aerobic conditioning. Perfect for all levels, including pregnant and/or joint sensitive individuals. The class utilizes a variety of aqua equipment to improve strength and conditioning.

**Aqua Surge-** Using both the shallow and deep end, this medium-high intensity class uses water resistance and buoyancy belts to tone and sculpt in a full body workout.

**Aqua Tabata-** This Shallow water Aqua Tabata workout features some aqua kickboxing flavor, upper body toning and lots of core stabilization.

**Aqua Yoga-** Improve balance and increase flexibility with this low impact workout in the warm waters of the Therapy Pool.

**Aqua Zumba-**Enjoy popular music and Latin beats in this whole-body dance workout.

**Current Chaos-**In this river class you will spend most of the class going against the current using the river's resistance to strengthen and tone all major muscle groups.

**Deep Water Dynamics/Aqua Deep-** A belt will be used for flotation while aqua barbells are used to tone the upper body. This class is easy on joints and provides a great full body workout.

**H.I.I.T Aquatics-** This class brings the benefits of a H.I.I.T workout and aquatic conditioning to you in a perfect blend that will provide a great high intensity workout.

**Hydro Fit Deep –** Hydro Fit Deep is a deep-water cross training class where you will use multiple techniques to achieve a full body workout. Buoyancy belts are used to ensure safety and body position in the water.

**H2O Bootcamp-** This class uses water resistance to develop muscle tone, flexibility, and cardiovascular health. Participants will use aqua barbells and noodles to tone and to build strength.

**Pilates & Barre-** Combine the strengthening and toning effects of Barre class with the calming movements of Pilates, this low impact class offers a workout for the mind, body, and soul.

**Shallow/Deep Combo-**Using both the shallow and deep end of the pool allows this class to provide a low impact, medium-high intensity workout.

**Silver & Fit -** A class for active older adults who wish to improve range of motion, strength, flexibility, balance, and coordination. Work at your own pace to achieve a low-medium intensity water workout.

**Stretch &Tone-** Improve range of motion of joints and strengthen and tone muscles in this shallow end class.

**Water Walking-** Stroll around the Lazy River in this medium to high work out. Classes change from going with the current to against the current to maximize resistance and provide a full body work out.