

# WATER FITNESS SCHEDULE

Fall 2018

Oct. 15– Dec. 31

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Christina	<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Christina		<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Christina	<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Christina	<b>Aqua Zumba</b> 8:00a-8:45a Lap Pool Maria/Laura	<b>Aqua Zumba</b> 10:00a-10:45a Lap Pool Tressa
PM	<b>Aqua Zumba</b> 7:30p-8:15p Warm Water Siobhan						





# WATER FITNESS DESCRIPTIONS!

## AQUA ZUMBA:

Join the Zumba "pool party". This class blends everything into a safe, challenging, water based exercise that is body toning and most of all exhilarating!

## TEEN ZUMBA:

Come join our first Teen Aqua Zumba on Tuesdays from 7:30-8:15PM. The class will meet in the warm water pool. Please register online at [GHYMCA.ORG](http://GHYMCA.ORG)

## AQUA STRETCH & STRENGTHEN

Allow the warm water pool to stretch tight muscles which will increase range of motion while also strengthening muscles to improve balance and overall core/hip strength. All fitness levels are welcome to this low impact class.

## AQUA FITNESS:

A combination of cardio and strength conditioning with low impact on your joints. Participation in the class will improve cardiovascular endurance and muscle strength.

