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WATER EXERCISE SCHEDULE

BAXTER CLOSE YMCA

Effective Date: April 12th, 2023

TUESDAY

Class Name	Time	Instructor Name
Water Aerobics	8:00am-8:45am	Amanda
Aqua Floatfit - HIIT	9:00am-9:45am	Beth
Water Aerobics	6:00pm-7:00pm	Jennie K.

WEDNESDAY

Class Name	Time	Instructor Name
Water Aerobics	9:00am-10:00am	Danielle
Water Aerobics	7:00pm-8:00pm	Danielle

THURSDAY

Class Name	Time	Instructor Name
Water Aerobics	6:30pm-7:30pm	Danielle

FRIDAY

Class Name	Time	Instructor Name
Water Aerobics	10:00am-11:00am	Danielle
Water Aerobics	11:30am-12:30pm	Alice



CLASS DESCRIPTIONS

Aqua FloatFit – HIIT – Put your fitness to the test by combining balance and strength based exercises on the aqua board. Work on postural control and alignment while performing common movements that you might do at home, work or in sports. Perfect your balance, strength and overall mobility. Member must have a level of comfort getting face wet during class.

Aqua FloatFit – Yoga Stretch – A 45 minute series of deep stretches and modified yoga poses, utilizing core control for stability, while balancing on the AquaBase board floating on top of the water

Aqua Tone & Stretch – This class is designed to improve strength and range of motion of joints. Low impact moves strive to increase heart rate, endurance, flexibility and muscle tone. ... This class combines stretching and strengthening for a cardiovascular workout and muscle toning.

Aqua Zumba – 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's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Water Aerobics – Works out in both shallow and deep water. 45 minutes of moderate to intense cardio incorporation sprinting, intervals and boxing. Using noodles and dumbbells for muscular strength and endurance training.

Water Aerobics – Deep This class is designed to increase the heart rate and condition the whole body. It combines cardiovascular and muscular endurance, strength and core abdominal work utilizing the deep end of the pool.

Water Aerobics – Low Impact – This shallow water class, co-developed with Arthritis Foundation and the YMCA of the USA, is designed for those living with the challenges of arthritis. The focus is to help improve mobility and pain by strengthening muscles and improving joint flexibility and range of motion. Exercises are performed in water depth that is comfortable and allows you to maintain balance while exercising.

Water Aerobics – Shallow – A compilation of warm-up, cardio, muscular strengthening with bells, balancing, and stretching. This class will help to increase stamina and strength. It is a mid to high impact class, but is designed for all levels of participation. Participants can work at their own level with ease. This is a good class for all ages. Work out is set to music.

Water Conditioning 101 – Intervals of cardio, strength/toning, and balance or agility. It is really not an arthritis-friendly class Or for a member who prefers slow & controlled movements, instructor will give plenty of modifications to be protective of joint issues.