



Springfield Family YMCA
Water Aerobic Classes
Begins January 1st
 Classes can change at any time

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00am					Friday Finale	
9:30-10:15am	Aqua Zumba		Aqua Zumba			
10:00-10:30am		Walking & Rocking		Walking & Rocking		
10:15-11:15am	Water Energizer		Water Energizer			
10:30-11:00am		Moving & Grooving		Moving & Grooving		
11-11:30am		Riding the tide & Deep Water Running		Riding the tide & Deep Water Running		
1:00-1:45pm						Aqua Zumba
1:30-2:15pm	Arthritis Foundation		Arthritis Foundation		Arthritis Foundation	
5:30-6:15pm	Pool Power		Pool Power			

AQUA ZUMBA: Jump in for the ultimate NO IMPACT dance party! Same great Zumba music and moves for a total body workout in the water.

ARTHRITIS FOUNDATION: This class is designed to improve joint flexibility and is taught by a A.A. certified instructor.

DEEP WATER RUNNING: This class works on muscle tone in your lower body and is held in deep water using a specialized floatation device. Must be comfortable in deep water!

FRIDAY FINALE: A variety of water exercises from all the aquatic fitness classes.

MOVING & GROOVING: A total body water workout set to upbeat music in the shallow end of the pool.

POOL POWER: High energy shallow water aerobics.

RIDING THE TIDE: A shallow water workout doing various exercises using noodles.

SATURDAY POWER BALL: An upper arm and core workout with water balls in the shallow end.

WALKING & ROCKING: A shallow water workout set to upbeat music using various moves across the shallow end.

WATER ENERGIZER This class is a low impact aerobics to stretch and tone your body.