



**Regional YMCA
Water Aerobic Schedule
Spring 1 Session
February 24, 2025 - April 13, 2025**

Registration is required for all Water Aerobics Classes.

\$20 Registration Fee for Member. Spaces are Limited.

Classes highlighted in yellow are open to Non-Members- \$60 per session.

Main Pool - **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday
Deep & Shallow Intermediate 9:00 - 9:50am Sujata	Deep & Shallow Advanced 9:00 - 9:50am Susie	Deep & Shallow Intermediate 9:00 - 9:50am Sujata	Deep & Shallow Advanced 9:00 - 9:50am Susie
Deep Water Motion Advanced 10:00 - 10:50am Sujata	Deep & Shallow Intermediate /Advanced 10:00 - 10:50am Susi	Deep Water Motion Advanced 10:00 - 10:50am Sujata	Deep & Shallow Intermediate /Advanced 10:00 - 10:50am Susie
	Strength and Toning Intermediate 11:00- 11:55am Staci	Non-Impact Water Aerobics Beginner 10:00 - 11:00am Gary	Strength and Toning Intermediate 11:00- 11:55am Staci
Cardio & Strength Intermediate 11:00 - 11:50am Randi		Cardio & Strength Intermediate 11:00 - 11:50am Randi	
Deep Water Motion Advanced 12:00 - 12:50pm Susie		Deep Water Motion Advanced 12:00 - 12:50pm Susie	
Water Workout Intermediate 6:00 - 6:50pm Shirley	Power Workout Advanced 6:00 - 6:50pm Cathi	Water Workout Intermediate 6:00 - 6:50pm Shirley	Power Workout Advanced 6:00-6:50pm Cathi

Shallow Pool - **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday
Toning & Flexibility Beginner 9:00 - 9:50am Randi	Barre Below- New Beginner 9:00 - 9:50am Stacey	Toning & Flexibility Beginner 9:00 - 9:50am Randi	Barre Below- New Beginner 9:00 - 9:50am Stacey
Toning & Flexibility Beginner 10:00 - 10:50am Randi	Flexibility and Strength Beginner 10:00 - 10:55am Stacey	Toning & Flexibility Beginner 10:00 - 10:50am Randi	Flexibility and Strength Beginner 10:00- 10:55 am Stacy
Work the Water Beginner 11:00 - 11:50am Susie	Work the Water Intermediate 11:00 - 11:50am Susie	Work the Water Beginner 11:00 - 11:50am Susie	Work the Water Intermediate 11:00 - 11:50am Susie
	Water Yoga 5:30-6:30pm		



REGIONAL YMCA WATER EXERCISE DESCRIPTIONS

Main Pool Classes

Cardio and Strength - Intermediate

intermediate level class. Emphasis on core strength, range of motion and toning of the body by performing high intensity exercises in deep & shallow water.

Deep and Shallow Water Aerobics - Beginner, Intermediate & Advanced

Focus is on cardiovascular fitness, overall strengthening, toning and range of motion. Performing high intensity exercises in both deep & shallow water, utilizing noodles and barbells. Must be able to swim

Deep Water Motion - Advanced

Focus is on cardiovascular fitness, overall strengthening, toning and range of motion. Performing high intensity exercises in both deep & shallow water, utilizing noodles and barbells. Must be able to swim.

Non-Impact Water Aerobics – Beginner

Class designed for those recovering from surgery or stroke, those with MS or anyone seeking low-impact class. Held in the shallow-end of pool using exercise equipment for body toning, improved balance, flexibility, and stimulation of circulation.

Power Workout – Advanced

Intense deep & shallow exercise, helping make you more flexible and fit. Emphasis on core strength, range of motion and toning of the body. Must be able to swim.

Water Workout - Intermediate

An energized workout with non-stop movements. Using water to exercise muscles through resistance and buoyancy to improve cardio fitness, strength, and flexibility.

Strength and Toning (New)- Intermediate

A deep and shallow workout using barbells and noodles, with strength moves, and cardio moves to tone muscles, and work on strengthening muscles. Must be able to swim.

Small Pool Classes

Toning and Flexibility – Beginner

Low intensity shallow water exercise with noodles and barbells. Focus is on core strength, range of motion and an overall toning of the body

Water Yoga - Beginner

Aqua yoga is a restorative form of yoga that adapts the postures and principles of yoga. Aqua yoga helps you improve your physical strength, flexibility, posture, body awareness and stress reduction.

Work the Water – Beginner Mon & Wed / Intermediate Tues & Thurs

Low intensity shallow water exercise with noodles and barbells. Focus is on core strength, range of motion and an overall toning of the body.

Flexibility and Strength -Beginner

Low intensity exercises focus on stretching, flexibility, balance, and strength. Using slow motion exercises with the use of barbells and noodles.

Barre Below- Beginner

Is a fusion of Ballet, Dance, Pilates and restorative exercises with breathing and mindfulness to help you improve your physical and mental wellbeing with a focus on flexibility, balance, stability and strengthening through effective and easy stretching and movement.