

Monday (before 1 pm)

5:15-6:00 am	Aqua Cardio
8:00-9:00 am	Aqua Cardio*
9:00-9:30 am	Aqua Tone*
9:30-10:00 am	Aqua Balance*

Tuesday (before 1 pm)

5:15-6:00 am	Aqua Cardio
7:45-8:15 am	Aqua KICK
8:15-9:15 am	Aqua Dance*

Wednesday (before 1 pm)

5:15-6:00 am	Aqua Cardio
8:00-9:00 am	Aqua Cardio*
9:00-9:30 am	Aqua Tone*
9:30-10:00 am	Aqua Balance*

Thursday (before 1 pm)

5:15-6:00 am	Aqua Cardio
7:45-8:15 am	Aqua KICK
8:15-9:15 am	Aqua Tone*

Friday (before 1 pm)

5:15-6:00 am	Aqua Cardio
8:00-9:00 am	Aqua Cardio*
9:00-9:30 am	Aqua Tone*
9:30-10:00 am	Aqua Balance*

Schedule is subject to change.

Monday (after 1 pm)

6:00-6:30 pm	Aqua Power Fitness*
6:30-7:00 pm	Aqua Pump! *
7:00-7:30 pm	Aqua Tabata*

Tuesday (after 1 pm)

No classes due to swimming lessons.

Wednesday (after 1 pm)

6:00-6:30 pm	Aqua Power Fitness*
6:30-7:00 pm	Aqua Pump!*
7:00-7:30 pm	Aqua Tabata*

Thursday (after 1 pm)

No classes due to swimming lessons.

Friday (after 1 pm)

No classes.

Saturday

9:15-10:15 am Saturday Surprise*
A mix of Cardio, Toning, Strength, and FUN!
Guaranteed to get your heart pumping!

**Instructors will rotate. Class format depends on

criptions

This class will focus on flexibility, range of Motion in the comfort of the

If you want to burn calories, get great abs, along with toning, building muscle strength, this is the class parts will be in either the smaller pool. This is a more intense spin class. This is a more intense spin class. This class will

ment our aquatics facility has to this class is designed to use the resistance to increase the body's motion while stabilizing the core class provides a combination of hip water exercises to increase endurance for upper and lower body.

ness - An aerobic exercise that uses interval resistance to increase cardio class is a quick 30 minute class that is get your heart pumping and burn

oy the benefits of kickboxing on land r without impact and jarring on the ick, strike, and jump your way into an ics kickboxing class!

ne from head to toe with creative g which may include barre move- hti. Receive great benefits from this muscle tone, balance, improved posture) stronger feeling. You will be- ident with everyday tasks and will ng and balanced you are.



Aqua Tabata - Tabata interval training is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast away the calories and provide noticeable results in a short amount of time. It is easier on your joints that working out on land. Each individual does a routine as hard as they can for 20 seconds, followed by 10 seconds of rest. The class is adaptable for non swimmers and all fitness levels.

Aqua Mix! - Join us for an exhilarating workout combining cardio and strength in the water! You'll leave feeling refreshed and empowered!

Aqua Zumba® - Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. 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.

All classes on the schedule are FREE with membership!!!

Don't forget to check out our Norfolk, Ne Land/Water Group Fitness Facebook Page!

Norfolk Family YMCA

301 W Benjamin Avenue
Norfolk, NE 68701

(p) 402-371-9770

(f) 402-371-9162

(w) www.norfolkyymca.org

(O) Facebook

For any questions concerning Group Fitness, please see our Welcome Center staff or our Aquatic Director, Skyler. Feel free to email her at swim@norfolkyymca.org. If an instructor is unable to teach their class—Y Staff will do their best to fill the time with another class.



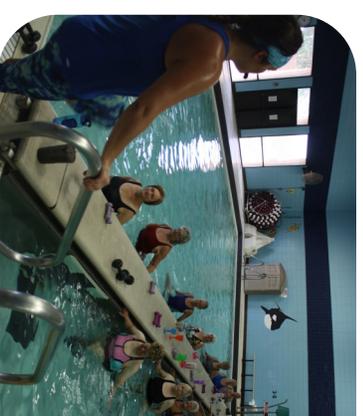
FOR YOU
FOR HEALTH
FOR SOCIETY

WATER WORKS FOR ALL

Group Fitness– Water

January 8th–April 30th, 2018

Check the schedule at the beginning of every month for any changes.



Updated 12/18