

Norfolk Family YMCA Water Group Fitness Schedule

October 23rd -December 1, 2017

FREE TO MEMBERS

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 Dance*

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.

Please check our website: www.norfolkymca.org
for the most recent schedule.

Must be 15 years or older to attend group
fitness classes.

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
Instructor teaching.**

*Child Watch is available during this time.

Class Descriptions

Aqua Balance– This class will focus on flexibility, balance, and Range of Motion in the comfort of the water.

Aqua Cardio – If you want to burn calories, get great cardio workouts, along with toning, building endurance, and muscle strength, this is the class for you! Participants will be in either the smaller pool or the larger pool. This is a more intense spin to our more familiar Aquagrace class. This class will utilize all equipment our aquatics facility has to offer!

Aqua PUMPI – This class is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. This class provides a combination of shallow and deep water exercises to increase strength and endurance for upper and lower body.

Aqua Power Fitness – An aerobic exercise that uses the water's natural resistance to increase cardio fitness. This class is a quick 30 minute class that is guaranteed to get your heart pumping and burn calories.

Aqua KICK– Enjoy the benefits of kickboxing on land but in the water without impact and jarring on the joints. Kick, punch, strike, and jump your way into an awesome aquatics kickboxing class!

Aqua Tone – Tone from head to toe with creative strength training which may include barre movements and tai chi. Receive great benefits from this class including muscle tone, balance, improved posture and an overall stronger feeling. You will become more confident with everyday tasks and will notice how strong 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 Group Fitness Coordinator, Missey. Feel free to email her at getfit@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 YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER WORKS FOR ALL

Group Fitness– Water

October 23rd–December 1, 2017

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



Updated 10/20/17