



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

eliminating racism  
empowering women  
**ywca**

# EXERCISE AND ENERGIZE

## 2019 Winter Aquatic Fitness MARSHALLTOWN YMCA-YWCA

### Aquatic Class Guidelines

- Swim suits required at all times. Aquatic footwear may be worn during classes.
- Each class is very easily adjusted for individual comfort and ability level
- No pre-registration or additional fees for Aquatic Fitness.
- Youth ages 10-13 along with a parent/guardian following a Parent/Child Fitness Orientation.



### LAP POOL

#### Aqua Body Strong

M/W 5:15-5:45 a.m.  
T 5:00-5:30 p.m.  
W 6:45-7:30 p.m.  
TH 10:15-10:45 a.m.  
Sat 9:30-10:15 a.m.

#### Deep Water Aerobics

M-F 6:00-6:45 a.m.  
M/W/F 9:25-10:10 a.m.

#### Aqua Zumba

M/W 10:15-11:00 a.m.

### RECREATION POOL

#### Vortex Water Power

M/W 6:00-6:45 p.m.  
T/TH 12:15-1:00 p.m.

#### Aqua Aerobics

M/W/F 7:00-7:45 a.m.  
T/TH 6:00-6:45 p.m.

#### Aqualates

M/W/F 11 a.m.—noon

#### Move and Stretch

T/TH 10:15-11:00 a.m.

#### Senior Aqua

M/W/F 7:45-8:30 a.m.  
M-F 8:30-9:15 a.m.  
T/TH 1:00-1:45 p.m.

#### Rusty Hinges

M/W/F 10:45-11:30 a.m.

#### Adaptive Aerobics

Friday 4:15-5:00p.m.



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### AQUA AEROBICS

CLASS FOCUS: Moderate cardio, moderate toning  
Improve cardiovascular endurance, muscle strength/tone and flexibility with water weights and a variety of easy to learn exercises with no impact.

### AQUA-LATES

CLASS FOCUS: Core toning, no cardio, breathing and posture  
Combines the resistance of water with core-toning properties of Pilates to strengthen abs, enhance energy, and improve posture.

### AQUA ZUMBA®

CLASS FOCUS: Strong Cardio, Strong toning  
This class blends the Zumba formula and philosophy with traditional aqua fitness disciplines together into a safe, challenging, workout that's cardio-conditioning, body-toning, and tons of fun!

### DEEP WATER AEROBICS

CLASS FOCUS: Moderate cardio, strong toning  
Vigorous, higher intensity water work out that uses floatation aids for buoyancy and water weights for added resistance.

### MOVE AND STRETCH

CLASS FOCUS: Range of motion, Slight cardio, gentle toning  
This class includes water walking, stretching, resistance boards, and balance exercises, perfect for those suffering from fibromyalgia or similar conditions.

### RUSTY HINGES

CLASS FOCUS: Range of motion, no cardio, gentle toning  
Class is taught by instructors that follow guidelines set forth by the Arthritis Foundation. This low impact gentle program is designed to help relieve pain and stiffness caused by arthritis, multiple sclerosis, or post operative rehabilitation from surgery.

### SENIOR AQUA

CLASS FOCUS: Mild cardio, moderate toning  
Participants will enjoy a mild aerobic workout combined with muscle strengthening and flexibility. Class is 30 minutes of organized group exercise and 15 minutes of toning.

### VORTEX WATER POWER

CLASS FOCUS: Strong cardio, strong toning  
A high intensity water workout that focuses on cardiovascular training. Uses the currents of the slide's catch pool for increased endurance, muscle toning, flexibility, and coordination.

### AQUA BODY STRONG

CLASS FOCUS: balance, strength, endurance, flexibility  
AquaBodyStrong Yoga Fusion is a balance and strength based water-fitness class that uses inflatable, tethered AquaBodyStrong boards for a total body, core strengthening workout for all fitness levels. This training modality challenges the body to maintain proper postural control and alignment while moving through a series of transitional movements on an unsteady surface increasing balance, strength, endurance, flexibility and focus. Special Tuesday classes are geared towards families yet all are still welcome.