



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

eliminating racism
empowering women
ywca

2020 Winter Aquatic Fitness

March 2 – 29

MARSHALLTOWN YMCA–YWCA



Monday

- AquaBody Strong (L)
5:15–5:45 a.m.
- Deep Water Aerobics (L)
6:00–6:45 a.m.
- Aqua Aerobics (R)
7:00–7:45 a.m.
- Senior Aqua (R)
7:45–8:30 a.m.
8:30–9:15 a.m.
- Deep Water Aerobics (L)
9:25–10:10 a.m.
- Aqua Zumba (L)
10:15–11:00 a.m.
- Rusty Hinges (R)
10:45–11:30 a.m.
- Aqualates (R)
11:00 a.m. – 12:00 p.m.
- Vortex Water Power (R)
6:00–6:45 p.m.

Tuesday

- Deep Water Aerobics (L)
6:00–6:45 a.m.
- Senior Aqua (R)
8:30–9:15 a.m.
- Moving & Stretching (R)
10:15–11:00 a.m.
- Aqua Tai Chi (R)
11:15–12:00 p.m.
- Water Walking (R)
12:00–1:00 p.m.
- Vortex Water Power (R)
12:15–1:00 p.m.
- Aqua Aerobics (R)
6:00–6:45 p.m.

Wednesday

- AquaBody Strong (L)
5:15–5:45 a.m.
- Deep Water Aerobics (L)
6:00–6:45 a.m.
- Aqua Aerobics (R)
7:00–7:45 a.m.
- Senior Aqua (R)
7:45–8:30 a.m.
8:30–9:15 a.m.
- Deep Water Aerobics (L)
9:25–10:10 a.m.
- Aqua Zumba (L)
10:15–11:00 a.m.
- Rusty Hinges (R)
10:45–11:30 a.m.
- Aqualates (R)
11:00 a.m. – 12:00 p.m.
- Vortex Water Power (R)
6:00–6:45 p.m.

Thursday

- Deep Water Aerobics (L)
6:00–6:45 a.m.
- Senior Aqua (R)
8:30–9:15 a.m.
- Moving & Stretching (R)
10:15–11:00 a.m.
- Aqua Tai Chi (R)
11:15–12:00 p.m.
- Water Walking (R)
12:00–1:00 p.m.
- Vortex Water Power (R)
12:15–1:00 p.m.
- Aqua Aerobics (R)
6:00–6:45 p.m.

Friday

- AquaBody Strong (L)
5:15–5:45 a.m.
- Deep Water Aerobics (L)
6:00–6:45 a.m.
- Aqua Aerobics (R)
7:00–7:45 a.m.
- Senior Aqua (R)
7:45–8:30 a.m.
8:30–9:15 a.m.
- Deep Water Aerobics (L)
9:25–10:10 a.m.
- Aqua Zumba (L)
10:15–11:00 a.m.
- Rusty Hinges (R)
10:45–11:30 a.m.
- Aqualates (R)
11:00 a.m. – 12:00 p.m.
- Adaptive Aerobics (R)
4:15–5:00 p.m.

Saturday

- Aqua Zumba (L)
8:30–9:15 a.m.
- AquaBody Strong (L)
9:30–10:00 a.m.

(L)=Lap Pool
(R)=Rec Pool

LAP POOL

Aqua Body Strong

M/W/F 5:15–5:45 a.m.
S 9:30–10:00 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/F 10:15–11:00 a.m.
S 8:30–9:15 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 11:00 a.m.—12:00 p.m.

Moving & Stretching

T/TH 10:15–11:00 a.m.

Aqua Tai Chi

T/TH 11:15–12:00 p.m.

Senior Aqua

M/W/F 7:45–8:30 a.m.
M—F 8:30–9:15 a.m.

Rusty Hinges

M/W/F 10:45–11:30 a.m.

Adaptive Aerobics

Friday 4:15–5:00p.m.

Class Descriptions

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 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.

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!

AQUA TAI CHI CLASS FOCUS: Range of motion, mindful meditative movement, gentle toning

This class includes tai chi movements, stretching, and balance exercises, perfect for those wanting to incorporate both physical and mental exercise.

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.

RUSTY HINGES CLASS FOCUS: Range of motion, no cardio, gentle toning

Class is taught by instructors with 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 rehab 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.

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.