



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Exercise Schedule

Indianola YMCA

Competitive Pool

Spring

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:15 Am Aqua Bootcamp Jan A.	8:30-9:15 Am Aqua Zumba Tracee S	8:30-9:15 Am Wave Power Arlene D.	8:30-9:15Am Deep Water Kris W	8:30-9:15 Am Wave Power Mia G.	9:00-9:45 Am Deep Water Leora O./ Jaci W.
6:15-7:00 Pm Wave Power Annette B	6:15-7:00 Pm Deep Water Leora M.	6:15-7:00 Pm Aqua Bootcamp Sarah S.	6:15-7:00 Pm Deep Water Annette B		

Recreation Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:15 Am Water Sculpt Mickey S	9:30-10:15Am BAM Mickey S	9:30-10:15Am Water Sculpt Arlene D.	9:30-10:15Am BAM Kris W	9:30-10:15 Am Water Sculpt Mia G.	
	1:00-2:00pm Aquatics to Restore Health Lindsay		1:00-2:00pm Aquatics to Restore Health Lauren		
	5:30-6:10 Pm Water Sculpt Leora M.		5:30-6:10 Pm Aqua Dance & Sculpt Jana B./Jaci W.	Purple = Medical Programming classes.	



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Exercise Descriptions

Aqua Bootcamp- Stepping up the cardio, this is a HIGH intensity water fitness class that provides the benefits of a pool; little impact on joints, increases lung capacity, and provides the benefits of weight and resistance training. Must know how to swim.

Aqua Dance & Sculpt- Dance your heart out while sculpting those muscles at the same time minus the impact. Appropriate for all ages and fitness levels.

Aqua Zumba- Get Ready to dance... IN THE WATER! This is a Latin –inspired fitness class. Zumba uses specific Latin moves to give you the ultimate dance workout. It is easy to follow and excellent for any fitness level.

BAM (Balance & Movement) - Stay fit with the benefits of the water. This class is great for staying active and flexible without the impact. Join the fun and fellowship.

Deep Water- A deep water exercise is idea for aerobic and muscle condition without the impact. Water belts and flotation devices such as noodles and barbells are used to provide a great workout.

Wave Power- Try this high-intensity class that will maximize your calorie burn by concentration on intensity, cardio moves and muscle work by using a variety or equipment and depths.

Water Sculpt- Body sculpting comes to the water! This class will concentrate on toning and strengthening both upper and lower body by using a variety of equipment to maximize the resistance. This class is for all ages and fitness levels.

Aquatics to Restore Health- Water based exercise to improve daily functioning for those with pain conditions, joint/muscle stiffness, neurological disease.