



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE CLASSES – Winter 1

YMCA OF THE NORTHWOODS: January 7th – February 24th

WATER EXERCISE Winter 1

Begins **January 7th**
ends **February 24th**

Updated 11/14/2018

Multiple activities are often scheduled in this pool at the same time.

Limited lap lanes available during scheduled classes and events.

Aqua/Land FIT Pass Cost
\$20 Member
\$150 General Public
\$10 Youth

Drop In Cost

You may drop in to a class that is not full.
\$3 Member

P 715 362 9622
F 715 362 9623

Monday

8:00–9:00AM
Aqua
Up-Tempo
Instructor: Rae

9:00–10:00AM
Water
Exercise
Instructor: Rae

11:00–12:00PM
Gentle Water
Exercise
Instructor: Karen

5:15–6:15PM
Water
Exercise
Instructor: Carol

Tuesday

7:45–8:45AM
Water
Exercise
Instructor: Carol

6:30–7:15PM
Power
H2O
Instructor: Sue Ellen

Wednesday

7:00–8:00AM
Men's Water
Exercise
Instructor: Matt

8:00–9:00AM
Water
Exercise
Instructor: Marilyn

9:00–10:00AM
Water
Exercise
Instructor: Marilyn

11:00–12:00PM
Gentle Water
Exercise
Instructor: Karen/Rae

5:15–6:15PM
Water
Exercise
Instructor: Carol

Thursday

6:00–7:00AM
Aqua
Bootcamp
Instructor: Joan

7:45–8:45AM
Water
Exercise
Instructor: Carol

6:30–7:15PM
Aqua
Mashup
Instructor: Sue Ellen

Friday

8:00–9:00AM
Aqua
Mashup
Instructor: Sue Ellen

9:00–10:00AM
Water
Exercise
Instructor: Sue Ellen

11:00–12:00PM
Gentle Water
Exercise
Instructor: Karen/Rae



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“Come On In! The Water’s Fine!”

****Shower required before entering pool****

Aqua Up-Tempo

Aqua Up-Tempo challenges the beginner to advanced participant to work-out the entire body in water with a blend of high energy exercises and music.

Gentle Water Exercise

Gentle Water Exercise is designed for those who have Arthritis, Fibromyalgia, Parkinson’s, serious back problems or other conditions. Gentle water walking and range of motion exercises are done in warm, shallow water to help alleviate pain and extend range of motion.

Power H2O

Power H2O provides a high-intensity work-out that includes a combination of shallow and deep-water exercises to increase strength and endurance for the upper and lower body and core. A variety of equipment is used.

Water Exercise

Exercise your entire body without straining your back or joints. This class improves cardiovascular fitness, muscular strength, endurance, and flexibility.

Men's Water Exercise

Men's Water Exercise includes beneficial work-outs in the pool with a male instructor. This class is ideal for any man that wants to get a great workout in the pool.

Aqua Bootcamp

Aqua Bootcamp is an intense work-out in the water with weights, resistance water weights, jogger belts and other aquatic exercise equipment. This class is geared toward a moderate-advanced work-out.

Aqua Mashup

This class is a mashup of different types of aquatic exercise including tabata, jogger belts, Power H2O, aqua bootcamp and other aquatic exercises.

HOT TUB
is closed every
Monday for cleaning.
12:30PM-Close

