



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE CLASSES – Spring

YMCA OF THE NORTHWOODS: April 15th – June 2nd

WATER EXERCISE Spring

Begins **April 15th**
ends **June 2nd**

Updated 2/14/2019

Multiple activities are often scheduled in the 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	Tuesday	Wednesday	Thursday	Friday
				6:00-7:00AM	
			7:00-8:00AM Men's Water Exercise Instructor: Matt	Aqua Bootcamp Instructor: Joan	
		7:45-8:45AM		7:45-8:45AM	
	8:00-9:00AM Aqua Up-Tempo Instructor: Rae	Water Exercise Instructor: Carol	8:00-9:00AM Water Exercise Instructor: Marilyn	Water Exercise Instructor: Carol	8:00-9:00AM Aqua Mashup Instructor: Sue Ellen
	9:00-10:00AM Water Exercise Instructor: Rae		9:00-10:00AM Water Exercise Instructor: Marilyn		9:00-10:00AM Water Exercise Instructor: Sue Ellen
	11:00-12:00PM Gentle Water Exercise Instructor: Karen		11:00-12:00PM Gentle Water Exercise Instructor: Karen/Rae		11:00-12:00PM Gentle Water Exercise Instructor: Karen/Rae
	5:00-6:00PM Water Exercise Instructor: Carol		5:00-6:00PM Water Exercise Instructor: Carol		
		6:30-7:15PM Power H2O Instructor: Sue Ellen		6:30-7:15PM Aqua Mashup Instructor: Sue Ellen	



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“Come On In! The Water’s Fine!”

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

Aqua Up-Tempo

Aqua Up-Tempo challenges beginner to advanced participants to work-out the entire body in the 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 Disease, serious back problems and other conditions. Gentle water walking and range of motion exercises are done in comfortable, 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 entire body. 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 to 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

