



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TORIGIAN FAMILY YMCA WATER FITNESS SCHEDULE

Effective 8/13/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6:30 - 7:30AM AQUA ZUMBA Katy		
8:30 - 9:00AM DEEP WATER FITNESS Sherri	8:30 - 9:00AM STRETCH & TONE Donna	8:30 - 9:00AM TABATA Lydia	8:30 - 9:00AM TABATA Maria	8:30 - 9:00AM AQUA FIX Katy
9:00 - 10:00AM TOTAL FITNESS Marie	9:00 - 10:00AM TOTAL FITNESS Donna	9:00 - 10:00AM MOVE, FOCUS & STRETCH Lydia	9:00 - 10:00AM TOTAL FITNESS Maria	9:00 - 10:00AM AQUA ZUMBA Katy
6:15 - 7:00PM AQUA ZUMBA Tanya	6:15 - 7:00PM TOTAL FITNESS Sherri	6:15 - 7:00PM TOTAL FITNESS Mary	6:15 - 7:00PM AQUA ZUMBA Ana	

WATER FITNESS CLASS DESCRIPTIONS

Aqua Fix - Inspired by popular land base programs, this class transitions muscle conditioning into the pool. Strength, tone and core will be the focus with a shout out to cardio elements. Come and enjoy the variety each week.

Aqua Zumba - Dance to the beats of Latin and International Rhythms. A modified Zumba class that recreates the moves you love and adds water for resistance!

Deep Water - Deep end pool workouts are designed to improve your balance and core strength without the stress on the joints. This class takes place in the deep end of the pool.

Move, & Focus and Stretch - Moderate intensity cardio exercise with elements of mental relaxation while practicing breathing techniques. Cardio vascular exercise, core control and free flow forms will be used along with elements of Tai Chi fused with stretching.

Stretch & Tone - A no impact water fitness class which is great for those with joint concerns or individuals recovering from an injury.

Tabata - a 30 minute class that incorporates high intensity interval cardiovascular and muscular exercises! 20 seconds of work followed by 10 seconds of rest for a total of 4 minute block. This short but intense class is guaranteed to get you in shape.

Total Fitness - Build cardiovascular endurance, core strength, and muscle endurance through exercises targeting specific muscles using the water for resistance. This standard water fitness class incorporates all of the fitness components into one class.