

# WATER EXERCISE SCHEDULE

## FALL 2019

### SEPTEMBER 1 - OCTOBER 20TH

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Erin	<b>Aqua Stretch</b> 8:15-9:00a 9:30-10:15a Warm Water Pool Anneliese	<b>Aqua Fitness</b> 9:30-10:15a Lap Pool Maria	<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Mo	<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Laura	<b>Aqua Zumba</b> 8:00a-8:45a Lap Pool Laura	<b>Aqua Zumba</b> 10:00a-10:45a Lap Pool Tressa
PM	<b>Aqua Zumba</b> 7:30p-8:15p Lap Pool Siobhan						



INDIAN VALLEY FAMILY YMCA | 11 PINNEY STREET, ELLINGTON, CT 06029 | 860-871-0008



# WATER FITNESS DESCRIPTIONS!

## **AQUA ZUMBA:**

Join the Zumba "pool party". This class blends everything into a safe, challenging, water based exercise that is body toning and most of all exhilarating!

## **AQUA STRETCH:**

Uses movements from various disciplines to stretch the body to improve flexibility, balance and strength.



## **AQUA FITNESS:**

A combination of cardio and strength conditioning with low impact on your joints. Participation in the class will improve cardiovascular endurance and muscle strength.