



**Springfield Family YMCA**  
**Water Aerobic Classes**  
 Winter (Begins January 2nd)  
 Classes can change at any time

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00am					Friday Finale	
9:30-10:15am	Aqua Zumba		Aqua Zumba			
10:00-10:30am		Walking & Rocking		Walking & Rocking		
10:15-11:15	Water Energizer		Water Energizer			
10:30-11:00am		Moving & Grooving		Moving & Grooving		
11:00-11:30am		Riding the tide & Deep Water Running		Riding the tide & Deep Water Running		
1:00-1:45pm						
1:30-2:15pm	Arthritis Foundation		Arthritis Foundation		Arthritis Foundation	
5:30-6:15pm	Pool Power		Pool Power			

**AQUA ZUMBA:** Jump in for the ultimate NO IMPACT dance party! Same great zumba music and moves for a total body workout in the water.

**ARTHRITIS FOUNDATION:** This class is designed to improve joint flexibility and is taught by a A.A. certified instructor.

**DEEP WATER RUNNING:** This class works on muscle tone in your lower body and is held in deep water using a specialized floatation device. Must be comfortable in deep water!

**FRIDAY FINALE:** A variety of water exercises from all the aquatic fitness classes.

**MOVING & GROOVING:** A total body water workout set to upbeat music in the shallow end of the pool.

**POOL POWER:** High energy shallow water aerobics.

**RIDING THE TIDE:** A shallow water workout doing various exercises using noodles.

**WALKING & ROCKING:** A shallow water workout set to upbeat music using various moves across the shallow end.

**WATER ENERGIZER** This class is a low impact aerobics to stretch and tone your body.