Water Fitness Class Schedule-April 2015-Live Healthier Together!

Fond du Lac Family YMCA-90 W Second Street, Fond du Lac-920.921.3330-fdlymca.org

MON	TUE	WED	THU	FRI	SAT	SUN
WATER AEROBICS 8:00-8:45 am	**MID-TEMPO AQUA BEATS** 8:15-9:15 am	**WATER AEROBICS** 8:15-9:00 am	**MID-TEMPO AQUA BEATS** 8:15-9:15 am	**MID-TEMPO AQUA BEATS** 8:15-9:15 am		
	AQUA ABS & ARMS 9:15-10:00 am	**WATER YOGA** 9:00-10:00 am	**AQUA ABS & ARMS** 9:15-10:00 am	**AQUA TONE MAGPIES** 9:15-10:15 am	**SPLASH JAM/AQUA ZUMBA** 8:00-9:00 am	
SPLASH CATS 11:15-12:00 pm	**SPLASH CATS** 11:15-12:00 pm	**SPLASH CATS** 11:15-12:00 pm	**SPLASH CATS** 11:15-12:00 pm	**SPLASH CATS** 11:15-12:00 pm		
	DEEP WATER POWER 2:00-2:45 pm		**DEEP WATER POWER** 2:00-2:45 pm			
AQUA ZUMBA 6:30-7:30 pm		**SPLASH JAM** 6:00-7:30pm	**AQUA ZUMBA** 5:45-6:45 pm			
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Free Y Water Fitness Class Descriptions

AQUA ZUMBA Mondays 6:30p-7:30p Thursdays 5:45-6:45 Saturday (1ST AND 3RD Sat.) 8:00-9:00a Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

AQUA ABS & ARMS Tuesday, Thursday 9:15-10:00 am | This class is a 45 minute moderate ab workout.

DEEP WATER POWER-Tuesday, Thursday 2:00-2:45 pm | This class is a more intense cardio and muscular strength workout combing cardiovascular work, deep-water running, jogging, bicycling, and cross-country skiing movements. Focus on muscular strength motions that work the body's major muscle groups as well as motions that work the core and balance.

MID-TEMPO AQUA BEATS- Tuesday, Thursday, Friday 8:15-9:15 am | Energize your day by starting it out in the pool with a fun total-body workout to a great moderate beat.

SPLASH CATS-Monday-Friday 11:15-12:00 pm | Join the Splash Cat Pack for a fun and energetic water fitness session. Great for beginners, works all muscle groups, provides effective aerobic training, and increases your flexibility. The Splash Cat's Class presents opportunities to make friends who can loyally keep each other motivated and cheer each other on!

SPLASH JAM-Wednesday 6:00-7:00 pm; Saturday (2ND AND 4TH Sat.) 8:00-9:00 am | This is an aerobic workout that develops strength, increases muscle tone and flexibility. This hour long class is a total body workout. This class uses noodles, water weights and resistant straps.

AQUA TONE MAGPIES-Friday 9:15-10:15 am | Enjoy a variety of different exercises each week to tone legs, abs, and arms. (EXCEPT THE FIRST FRIDAY OF THE MONTH, THEN JUST WATER AEROBICS)

WATER YOGA-Wednesday 9:00-10:00 am | You will learn all the fundamentals of asana yoga: how to breathe, move, stretch and relax. End results show gains in flexibility and strength.

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