



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST ADD WATER

Aqua Fitness Schedule


Effective February 3, 2020



All classes are **FREE** with Annual YMCA Membership!

3 Month & Non-Member Pricing:
\$115 12 week session card, unlimited classes
\$8 Drop in fee – per class

**Unused or lost cards are non-refundable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 9:00 a.m. <i>Self-Directed Exercise</i> (Therapy Pool)	8:00-9:00 a.m. Aqua Movement Kate (Therapy Pool)	8:00 – 9:00 a.m. Aqua Zumba Angelica (Therapy Pool)	8:00 – 9:00 a.m. Aqua Movement Kate (Therapy Pool)	8:00 – 9:00 a.m. <i>Self-Directed Exercise</i> (Therapy Pool)
<i>*Participants must be minimally 14 years of age to join in Aquatic Fitness Classes</i>				4:45 – 5:30 p.m. Aqua Movement Kate (Therapy Pool)
6:30 – 7:30 p.m. Aqua Zumba Angelica (Therapy Pool)	6:30 – 7:30 p.m. Power Aqua Donna (Lap Pool)	4:45 – 5:30 p.m. Aqua Movement Kate (Therapy Pool)	6:30 – 7:30 p.m. Power Aqua Donna (Lap Pool)	Non-Swimmers and beginners are welcome to all classes!

Our class schedule is subject to change.

See individual class descriptions and intensity levels on back.

WALDO COUNTY YMCA
157 Lincolnville Ave Belfast, ME 04915
207.338.4598 • www.waldocountyymca.org
A 501(c)(3) Charitable Organization

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JOIN US FOR SOME FUN!

Beginners and non-swimmers are welcome to all of our low impact, fun, and specialized Aqua Fitness classes.

Aqua Zumba 60 min. Lap Pool ♥♥♥♥

Aqua Zumba® blends the Zumba philosophy with natural water resistance. Not only will you have less impact on your joints, but you can also have fun while enjoying an effective workout for all ages and body types.

Power Aqua 60 min. Lap Pool ♥♥♥

For those who want to feel the burn, Power Aqua is a more intense aerobic workout in shallow and deep water, using noodles and weights to isolate muscles and increase intensity.

Aqua Movement 45 min. Weds/Fri, 60 min. Tue/Thurs Therapy Pool ♥

Aqua movement combines relaxing stretches with strengthening and light aerobic activities. Focus on stability and gentle strengthening.

Class Intensity Levels:

- ♥ Level 1 Non-Impact program that works range of motion and balance.
- ♥♥Level 2 Aerobic exercises, core work and muscle toning
- ♥♥♥Level 3 A mix of aerobic, muscle toning, balance and flexibility exercises.
- ♥♥♥♥Level 4 Fast paced exercises include muscle toning, endurance & cardio.

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