

Water Exercise Classes - Kishwaukee Family YMCA -Summer 2015

All classes in Rec Pool

Summer 1: 6/1-7/11

Summer 2: 7/13-8/22

All classes require pre-registration.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:00-7:45 am	Water Jog/ Deep Water Exercise	8:00-8:30 am	Aqua Zumba	7:00-7:45 am	Water Jog/ Deep Water Exercise	8:00-8:30 am	Aqua Zumba	7:00-7:45 am	Water Jog/ Deep Water Exercise	7:00-7:50 am	Aqua Zumba
8:00-8:50 am	SPLASH/ Shallow Water Exercise^^	8:45-9:30 am	Water Jog/ Deep Water Exercise	8:00-8:50 am	SPLASH/ Shallow Water Exercise^^	8:45-9:30 am	Water Jog/ Deep Water Exercise	8:00-8:50 am	SPLASH/ Shallow Water Exercise^^	8:00-8:40 am	HEAT (High Energy Aquatic Training) / Shallow & Deep
9:00-9:50 am	Low Impact Shallow Water Aquacise^			9:00-9:50 am	Low Impact Shallow Water Aquacise^			9:00-9:50 am	Low Impact Shallow Water Aquacise^		
10:00-11:00 am	ReCoup/MS	11:15-12:00 pm	Low Impact Shallow Water Aquacise^^^	10:00-11:00 am	ReCoup/MS	11:15-12:00 pm	Low Impact Shallow Water Aquacise^^^	10:00-11:00 am	ReCoup/MS		
10:00-10:30 am	Water Walking			10:00-10:30 am	Water Walking			10:00-10:30 am	Water Walking		
1:00-1:55 pm	Senior Water Exercise			1:00-1:55 pm	Senior Water Exercise			1:00-1:55 pm	Senior Water Exercise		
		6:15-7:00 pm	Low Impact Aquacise/ Deep Water	6:20-7:00 pm	HEAT (High Energy Aquatic Training) / Shallow & Deep	6:15-7:00 pm	Low Impact Aquacise/ Deep Water				
		7:10-7:55 pm	Aqua Zumba			7:10-7:55 pm	Aqua Zumba				

^ Formerly known as Arthritis Aquatics

^^ Combined two separate classes, Silver Splash and Shallow Water Ex.

^^^ Formerly known as Special Needs Aquatic Exercise

Looking for a High Intensity Water Workout?
 Look for this symbol on the schedule or in the descriptions!

