



JOPLIN FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS CLASSES

	MON	TUES	WED	THURS	FRI	SAT
8:00am	Water in Motion® w/ Crystal		Water in Motion® w/ Crystal		Water in Motion® w/ Crystal	
9:00am	Aquacise w/ Julia	Arthricise w/ Pat	Aquacise w/ Julia	Arthricise w/ Pat	Aquacise w/ Julia	Aqua Bootcamp w/ Letha
10:00am	Aqua Zumba® w/ Lyn	Arthricise w/ Pat	Aqua Zumba® w/ Rene	Arthricise w/ Pat	Aqua Zumba® w/ Lyn	Aqua Bootcamp w/ Letha
11:00am	Arthricise w/ Pat		Arthricise w/ Pat		Arthricise w/ Pat	S'wet In the Deep w/ Letha (30 min)
12:00pm	Arthricise w/ Pat		Arthricise w/ Pat		Arthricise w/ Pat	
1:30pm		Splash for Diabetic Health w/ Jodi		Splash for Diabetic Health w/ Jodi		
4:30pm		Aqua Bootcamp w/ Letha		Aqua Bootcamp w/ Letha		
5:30pm	Aquacise w/ Dianne	Aqua Bootcamp w/ Letha	Aquacise w/ Dianne	Aqua Bootcamp w/ Letha	Aquacise w/ Dianne	

CLASS DESCRIPTIONS:

AQUA BOOTCAMP: Strengthen your core, burn calories and increase cardio endurance using all 620 muscles with intense movements all set to music. Fun, challenging total body workout with minimal impact on your joints.

AQUACISE: Moderate intensity, vigorous, water-supported exercise class using water resistance to increase cardiovascular endurance, muscle tone and flexibility.

ARTHRICISE: Low intensity program designed to help relieve pain and stiffness caused by arthritis with gentle activities in warm water, primarily held in the shallow end of the pool.

AQUA ZUMBA®: High intensity, safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief (Splashing, stretching, twisting, even shouting, laughing, hooting and hollering!)

SPLASH FOR DIABETIC HEALTH: From aquacise to water dodgeball, this class will get you moving, helping you manage blood sugar through weight loss while surrounded by a supportive community of other diabetics.

S'WET IN THE DEEP: An extension of Aqua Bootcamp with a focus on resistance training in the deeper parts of the pool.

WATER IN MOTION®: High-energy, calorie-burning workout combines cardiovascular training with muscle-toning techniques in the massaging environment of the pool for reduced impact on joints.

All classes are free to members. Nonmembers may purchase a day pass for \$10 to participate in classes.

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