



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **WATER AEROBICS CLASS DESCRIPTIONS**

(55 minute classes unless specified otherwise under class description)

### **AQUA INTERVAL** (shallow to transitional water workout)

This fantastic workout brings interval training to a whole new level of fun! Intervals of cardio combinations and strength/toning that will guarantee you a great workout. (resistance apparatus used)

### **H2O CARDIO FIT**(shallow to transitional water workout)

Cardio Intervals that will have you asking for more. This cardio workout offers a wide variety of high and low intensity moves that are simple and easy to follow challenging all muscle groups. (no resistance apparatus used)

**DEEP WATER** (deep water workout-no impact) Using the resistance of the water, obtain an effective cardiovascular and strength building workout without added stress on your joints. This class uses flotation and is easily modified to all fitness levels. A great choice for anyone with sensitive hips, knees, ankles or backs. (no resistance apparatus used)

### **DEEP WATER INTERVAL** (deep water workout)

Intervals of cardio combinations and strength/toning exercises that will guarantee you a great workout. This fantastic workout uses the resistance of the water and other water apparatus to obtain an effective cardiovascular and strength building workout without added stress on your joints. This class uses flotation and is easily modified to all fitness levels. A great choice for anyone with sensitive hips, knees, ankles or backs. (resistance apparatus used)

### **ZUMBA®**(shallow water workout)

It's a "Pool Party" every time! Aqua ZUMBA is a safe, challenging, water-based workout that is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. This high energy low impact fitness class is designed with easy to follow dance moves using a variety of dance styles that will help you burn calories and enjoy yourself all at the same time.

### **AQUA CALIENTE** (shallow water workout)

This aqua dance fitness class is designed with easy to follow steps choreographed into a fun and challenging low impact high energy aerobic workout making this class a favorite.

### **SCULPT-N-SPLASH** (shallow water workout)

Class offers a complete muscle strength and endurance workout through the use of noodles, xertubes, kickboards, aqua dumbbells, pull buoy and more. Every workout builds, strength, flexibility and range of motion through safe water movements...a few splashes to be expected.

### **AQUA PILATES** (shallow water workout)

Pilates is slow controlled movements that strengthen, firm and tone muscles creating an excellent core workout! The use of water apparatus may be used to modify or progress a movement.

### **H2O MOVEMENT**(warm water- small pool)

A gentle water exercise class using movements to build balance, strength, increase flexibility and range of motion, and increase cardiovascular fitness. For adults with moderate arthritis or other chronic conditions; non swimmers welcome

### **SILVER SPLASH** (shallow water workout)

Class design is for the active older adult who will enjoy a splash in the pool. Participants will move to music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills.

**\*\*\* All classes are multi level unless specified otherwise \*\*\***

### **YMCA OF ELKHART COUNTY**

200 East Jackson Blvd, Elkhart IN 46516

P 574 389 7878 F 574 294 2731 [www.elkhartymca.org](http://www.elkhartymca.org)