



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Monsanto Family YMCA Aquatics Water Fitness Class Schedule

### Indoor Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Core or More</b> 8:00-9:00am Quida		<b>Aqua Core or More</b> 8:00-9:00am Quida				
<b>Aquacise</b> 9:15-10:30am Vernida		<b>Aquacise</b> 9:15-10:30am Vernida		<b>Aquacise</b> 9:15-10:30am Vernida		
<b>Aquacise</b> 10:45-11:30am Minnie		<b>Aquacise</b> 10:45-11:30pm Minnie		<b>Aquacise</b> 10:45-11:30am Minnie		
<b>Aquacise</b> 11:45-1:30pm Vernida		<b>Aquacise</b> 11:45-1:30pm Vernida		<b>Aquacise</b> 11:45-1:30pm Vernida		
	<b>Aqua Power</b> 5:30-7:00pm Vernida	<b>Aqua Extreme</b> 6:30pm-7:30pm Jimmy	<b>Aqua Power</b> 5:30-7:00pm Vernida			
	<b>Aqua Power</b> 7:00-8:30pm Vernida		<b>Aqua Power</b> 7:00-8:30pm Vernida			



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## Description

**Aqua Core or More** – Strengthens, tightens & tones your core using the natural water resistance. Class can use all levels of water, mostly deep water. The participants will be using various flotation devices to suspend themselves in the water.

**Aqua Extreme** – A high intensity class that uses all depths of the pool. Class components include vigorous cardio and strength training using water specific equipment.

**Aqua Power** – A medium/high intensity cardiovascular workout with muscle strengthening, endurance, and flexibility workout. Mainly shallow water.

**Aqua Tone** – Water exercises that progressively build strength, flexibility and endurance. Uses all pool depths.

**Aquacise** – A mild to medium cardiovascular workout using properties of water and held in shallow water. Combines light aerobic workout with muscle strengthening and flexibility.