



NORTHWEST FAMILY YMCA - MARCH

Monday			
7:30-9:15am	Senior Shenanigans	Independent Exercise	Therapy Pool
8:30-9:15am	Water Walking	Denise Hornberger	Lazy River
9:15-10:30am	Water Walking	Independent Exercise	Lazy River
9:30-10:30am	Silver & Fit	Denise Hornberger	Therapy Pool
10:30-11:15am	PiYoChi	Tia Hopkins	Therapy Pool
6:00-6:45pm	Water Walking	Terri Petrusch	Lazy River
6:45-8:30pm	Water Walking	Independent Exercise	Lazy River
Tuesday			
6:30-7:15am	Hydro Fit Deep	Lisa Santoro	Deep Lap
8:00-8:45am	Deep Waves	Donna Darling	Deep Lap
9:30-10:15am	Pilates & Barre	Jennifer Voglewede	Therapy Pool
10:30-11:15am	Stretch & Tone	Jennifer Voglewede	Therapy Pool
6:00-6:45pm	H2O Bootcamp	Linda Brown	S/D Lap Pool
Wednesday			
7:30-9:15am	Senior Shenanigans	Independent Exercise	Therapy Pool
8:30-9:15am	Water Walking	Denise Hornberger	Lazy River
9:15-10:30am	Water Walking	Independent Exercise	Lazy River
9:30-10:15am	Aqua Yoga	Denise Hornberger	Therapy Pool
10:30-11:15am	Aqua Zumba	Sandy Jo Jordan	S/D Lap Pool
6:30-7:15pm	H.I.I.T Aquatics	Briant Buckner	Shallow Lap
Thursday			
6:30-7:15am	Hydro Fit Deep	Lisa Santoro	Deep Lap
8:00-8:45am	Aqua Fit	Donna Darling	Therapy Pool
8:45-9:30am	Aqua Zumba	Sandy Jo Jordan	Therapy Pool
8:30-10:30am	Water Walking	Independent Exercise	Lazy River
6:00-6:30pm	Water Walking	Independent Exercise	Lazy River
6:30-7:15pm	Current Chaos	Briant Buckner	Lazy River
7:30- 8:15pm	Aqua Kickboxing	Morgan Palmer	S/D Lap Pool
Friday			
9:00-9:45am	Aqua Zumba	Sandy Jo Jordan	Therapy Pool
10:00-10:45am	Aqua Barre	Tia Hopkins	Therapy Pool
6:30-7:15pm	Shallow/Deep Combo	Briant Buckner	S/D Lap Pool
Saturday			
11:00-11:45am	Aqua Cardio Bootcamp	Briant Buckner	Shallow Lap
12:00-12:45pm	Aqua Kickboxing	Morgan Palmer	Shallow Lap
Sunday			
9:00-9:45am	Aqua Surge	Linda Brown	S/D Lap Pool

Please note, for safety and program quality we will be limiting class size to 30 participants
Class descriptions can be found on the back of this schedule Revised 2/26/2024

Aqua Barre- This class focuses on building essential core strength, while using classic barre exercises to improve balance and tone every major and minor muscle group. Taught in the Therapy Pool.

Aqua Cardio Bootcamp-A high intensity class designed to increase cardiovascular health and work every part of the body

Aqua Fit- This class provides an atmosphere of safe resistance for aerobic conditioning. Perfect for all levels, including pregnant and/or joint sensitive individuals. The class utilizes a variety of aqua equipment to improve strength and conditioning.

Aqua Surge- Using both the shallow and deep end, this medium-high intensity class uses water resistance and buoyancy belts to tone and sculpt in a full body workout.

Aqua Yoga- Improve balance and increase flexibility with this low impact workout in the warm waters of the Therapy Pool.

Aqua Zumba-Enjoy popular music and Latin beats in this whole-body dance workout.

Current Chaos-In this river class you will spend most of the class going against the current using the river's resistance to strengthen and tone all major muscle groups.

Deep Water Dynamics/Aqua Deep- A belt will be used for flotation while aqua barbells are used to tone the upper body. This class is easy on joints and provides a great full body workout.

H.I.I.T Aquatics- This class brings the benefits of a H.I.I.T workout and aquatic conditioning to you in a perfect blend that will provide a great high intensity workout.

Hydro Fit Deep – Hydro Fit Deep is a deep-water cross training class where you will use multiple techniques to achieve a full body workout. Buoyancy belts are used to ensure safety and body position in the water.

H2O Bootcamp- This class uses water resistance to develop muscle tone, flexibility, and cardiovascular health. Participants will use aqua barbells and noodles to tone and to build strength.

Pilates & Barre- Combine the strengthening and toning effects of Barre class with the calming movements of Pilates, this low impact class offers a workout for the mind, body, and soul.

PiYoChi – A combination of Yoga, Pilates and Ai Chi in the warm waters of the Therapy Pool, this low intensity class focuses on balance and functional movement.

Senior Shenanigans - Socialize, laugh and play, various equipment will be available for you to use and have fun with.

Shallow/Deep Combo-Using both the shallow and deep end of the pool allows this class to provide a low impact, medium-high intensity workout.

Silver & Fit - A class for active older adults who wish to improve range of motion, strength, flexibility, balance, and coordination. Work at your own pace to achieve a low-medium intensity water workout.

Stretch &Tone- Improve range of motion of joints and strengthen and tone muscles in this shallow end class.

Water Walking- Stroll around the Lazy River in this medium to high work out. Classes change from going with the current to against the current to maximize resistance and provide a full body work out.