



Water Exercise Schedule

Somerville YMCA

Created: 1/18/2019

KEY:

MONDAY	CLASS	LOCATION
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
8:30 AM-9:30 AM	Aqua Exercise	Pool (3 lanes)
9:30 AM-10:30 AM	Aqua Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Exercise	Pool (4 lanes)
TUESDAY	CLASS	LOCATION
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
8:30 AM-9:30 AM	Aqua Zumba	Pool (3 lanes)
9:30 AM-10:30 AM	Aqua Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Exercise	Pool (3 lanes)
5:30 PM-6:30 PM	Aqua Exercise	Pool (2 lanes)
6:30 PM-7:30 PM	Aqua Exercise	Pool (2 lanes)
WEDNESDAY	CLASS	LOCATION
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
8:30 AM-9:30 AM	Aqua Exercise	Pool (3 lanes)
9:30 AM-10:30 AM	Aqua Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Exercise	Pool (4 lanes)
THURSDAY	CLASS	LOCATION
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
8:30 AM-9:30 AM	Aqua Zumba	Pool (3 lanes)
9:30 AM-10:30 AM	Aqua Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Pilates	Pool (2 lanes)
5:30 PM-6:30 PM	Aqua Exercise	Pool (2 lanes)
6:30 PM-7:30 PM	Aqua Exercise	Pool (2 lanes)
FRIDAY	CLASS	LOCATION
5:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)
8:30 AM-9:30 AM	Aqua Exercise	Pool (3 lanes)
9:30 AM-10:30 AM	Aqua Exercise	Pool (3 lanes)
9:30 AM-10:30 AM	Deep Water Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Exercise	Pool (3 lanes)
10:30 AM-11:30 AM	Aqua Pilates	Pool (2 lanes)
SATURDAY	CLASS	LOCATION
7:00 AM-8:30 AM	Aqua Jog / Water Walk	Pool (1 lane)

CLASS DESCRIPTIONS

AQUA EXERCISE

A wide variety of exercises developed specifically for the water. Great for cardio vascular flow and development of the muscular system. Appropriate for swimmers and non-swimmers.

AQUA JOG / WATER WALK

Aqua Jog / Water Walk is for members to exercise on their own.

AQUA PILATES

This class takes traditional Pilates exercises and modifies them for the water. These exercises help strengthen the core of your body, tone muscles, and help to improve posture, breathing, flexibility, and balance.

AQUA ZUMBA

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

DEEP WATER EXERCISE

A no impact water exercise program using an aqua belt to assist buoyancy and balance. Great for toning the body, working the cardio vascular system and building endurance.