



# Water Exercise Schedule

## Bridgewater YMCA

Created: 1/18/2019

**KEY:**

<b>MONDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
9:00 AM-10:00 AM	Aqua Exercise	Main Lap Pool (2
10:00 AM-11:00 AM	Aqua Exercise	Main Lap Pool (2
<b>TUESDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
9:00 AM-10:00 AM	Aqua Zumba	Main Lap Pool (2
<b>WEDNESDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
9:00 AM-10:00 AM	Aqua Exercise	Main Lap Pool (2
10:00 AM-11:00 AM	Aqua Exercise	Main Lap Pool (2
<b>THURSDAY</b>	<b>CLASS</b>	<b>LOCATION</b>
9:00 AM-10:00 AM	Aqua Zumba	Main Lap Pool (2

## **CLASS DESCRIPTIONS**

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### **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 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.