



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS SCHEDULE

NEOSHO FREEMAN FAMILY YMCA – EFFECTIVE January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30 AM Aqua Beats	8:30-9:30 AM Aquacise	8:30-9:30 AM Aqua Beats	8:30-9:30 AM Aquacise	8:30-9:30 AM Aqua Beats
9:45-10:30 AM Joints in Motion	9:45-10:30 AM Joints in Motion	9:45-10:30 AM Joints in Motion	9:45-10:30 AM Joints in Motion	9:30-10:30 Water Volleyball
10:30-11:30 H2O Combo	10:30-11:15 Silver Splash	10:30-11:30 H2O Combo	10:30-11:15 Silver Splash	10:30-11:30 H2O Combo
5:30-6:30 PM Aqua Zumba			5:15-6:00 PM Aqua Zumba	

Aqua Beats: Low Impact water fitness class that incorporates music and rhythms to your workout.

Aquacise: Low impact cardio, and strength training.

Joints in Motion: Specific to those suffering from arthritis or other discomforts, this class is low-intensity designed to increase flexibility and strength.

H2O Combo: A full body extreme cardio and strength workout in the water!

Silver Splash: Designed to enhance cardiovascular fitness, balance, coordination, agility, and range of motion.

Aqua Zumba: Aqua Zumba blends the Zumba philosophy with water resistance, without the pressure from land to make a fun and upbeat class you don't want to miss!

OUR MISSION: "TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL"