



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE • The Pool

## NEOSHO FREEMAN FAMILY YMCA • Effective Fall 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30–9:30am <b>AQUA BEATS</b> Instructor: George	8:30–9:30am <b>AQUACISE</b> Instructor: George	8:30–9:30am <b>AQUA BEATS</b> Instructor: George	8:30–9:30am <b>AQUACISE</b> Instructor: George	8:30–9:30am <b>AQUA BEATS</b> Instructor: George
9:45–10:30am <b>JOINTS IN MOTION</b> Instructor: Kathie	9:45–10:30am <b>JOINTS IN MOTION</b> Instructor: Kathie	9:45–10:30am <b>JOINTS IN MOTION</b> Instructor: Kathie	9:45–10:30am <b>JOINTS IN MOTION</b> Instructor: Kathie	9:30–10:30am <b>WATER VOLLEYBALL</b> Instructor: George
	10:30–11:30am <b>SILVER SPLASH</b> Instructor: Kathie		10:30–11:30am <b>SILVER SPLASH</b> Instructor: Kathie	

### AQUA BEATS

Low-impact water fitness class that incorporates music and rhythms to your workout.

### AQUACISE

A total body workout using a variety of quicker paced exercises held in shallow water. This class combines light aerobic workout with muscle strengthening and flexibility. Participants may use equipment to enhance workout.

### JOINTS IN MOTION

Instructors guide participants through a low impact warm water workout. Exercises are aimed at improving joint range of motion, reducing joint stiffness and pain. Great class for beginners, participants with back pain, arthritis or recovering from surgery.

### SILVER SPLASH

A fun, shallow-water exercise class that uses a signature splash board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

### WATER VOLLEYBALL

Enjoy this friendly water volleyball game with others while getting a healthy low-impact workout!

SWIMMERS MUST SHOWER BEFORE ENTERING THE POOL.