



# MISSOULA FAMILY YMCA

## WATER FITNESS SCHEDULE

### March 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
		Aqua HIIT 7:30-8:30am Peer Led	Aqua Intervals (S) 7:30-8:30am Nora	Aqua HIIT 7:30-8:30am Judy		
	Aqua Burst 11:05-12:00pm Becca		Aqua Pump 11:05-12:00pm Becca		Aqua Pump 11:05-12:00pm Laura	
Afternoon/Evening Classes						
	Aqua Intervals (S) 2:15-3:15pm Nora				MLS 12:00-1:00pm Tucker	
	MLS 7:00-8:00pm Nikki		MLS 7:00-8:00pm Nikki			

**Download our FREE Y app for fast access to the most up-to-date schedules and class substitutions.**

**Aqua Burst** - Enjoy the power of movement in the water! This class is a combination of cardio and strength training intervals from moderate to high intensity using upbeat music and some equipment. Class takes place in the shallow end.

**Aqua Challenge** - This class consists of a warm up, cardio segments and strength training using motivating music to keep pace. A variety of equipment such as paddles, buoys, resistance bands and noodles intensifies the workout keeping it challenging and fun! Class takes place in both the shallow and deep ends. Aqua belts are encouraged in the deep end.

**Aqua Deep** - Feel the benefits of the water with no impact while fully suspended. This class is a moderate to high intensity workout set to music which will help you develop cardio stamina, strengthen your core, and tone your body while in a continuous state of multilevel movement. This class takes place in the deep end. Aqua belts are encouraged.

**Aqua Flow** - The fun of Aqua meets the Flow of yoga! This class features low to moderate intensity water exercises while incorporating the mindfulness of yoga. Increase your muscular strength and endurance as well as flexibility, balance and co-ordination in this low impact class. If you experience arthritis, pain in your joints, are recovering from an injury, or want a slower paced class, this class was made for you! This class takes place in the shallow end.

**Aqua Intervals** - Come ready to work! This class incorporates timed intervals of varied intensity with recovery periods. Segments of cardio, strength, core, power, agility and balance will help you meet your fitness goals! This class takes place in either the shallow end (denoted with **(S)**) or the deep end (denoted with **(D)**) with minimal equipment.

**Aqua Pump** - Pump up your cardio and strength training with exhilarating music. Learn exercises using varied equipment such as paddles, buoys, resistance bands and noodles to up your game! Enjoy the added benefits of stretching and balance practice. This class takes place in the shallow end.

**Aqua Turbo** - Come enjoy an up-tempo shallow water workout that offers multiple intensity options to supercharge your core, endurance and flexibility training! This session is designed to let you tailor the challenge to the needs of your body.

**Masters Lap Swim (MLS)** - A coached workout for adults looking for an alternative to lap swim. This program accommodates all levels from fitness swimmer to elite swimmer. Stroke technique, videotaping, race strategy and an intense workout

**Hours:** Monday-Friday 5am-10pm; Saturday 7am-8pm; Sunday 8am-6pm  
**(406) 721-YMCA(9622)    [www.ymcamissoula.org](http://www.ymcamissoula.org)**