



# MISSOULA FAMILY YMCA

## AQUA FITNESS WEEKLY GLANCE

### October 2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Class types, dates, and times are subject to change or cancelation.  
Download our FREE Y app for the most up-to-date schedules!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
	<b>Water Aerobics</b> 7:30-8:30am Sarah C	<b>Aqua HIIT</b> 7:30-8:30am Julie	<b>Aqua Intervals (S)</b> 7:30-8:30am Nora	<b>Aqua HIIT</b> 7:30-8:30am Logann		
Afternoon/Evening Classes						
	<b>Aqua Intervals (S)</b> 11:05-NOON Logann M		<b>Water Aerobics</b> 11:05-NOON Rotation		<b>Aqua HIIT</b> 11:05-NOON Judy	

**Aqua HIIT** - 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 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.

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

## AQUA FITNESS

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