



Missoula Family YMCA Aqua Schedule

May 2026



Download our Y app for the most up-to-date schedules!

Class types, dates, and times are subject to change or cancellation.



| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|--------|--|--------------------------------------|--|---------------------------------------|--|----------|
| Morning Classes | | | | | | | |
| 6:00a.m. | | | | | | | |
| 7:00 a.m. | | Water Aerobics 7:30-8:30 a.m. Sarah | Aqua HIIT 7:30-8:30 a.m. Julie | Aqua Intervals 7:30-8:30 a.m. Nora | Aqua HIIT 7:30-8:30 a.m. Logann | | |
| 8:00 a.m. | | | | | | | |
| 9:00 a.m. | | | | | | | |
| 10:00 a.m. | | | | | | | |
| 11:00 a.m. | | Aqua Intervals 11:05-12:00 p.m. Logann | | Water Aerobics 11:05-12:00 p.m. Anny | | Water Aerobics 11:05-12:00 p.m. Judy | |
| Afternoon/Evening Classes | | | | | | | |
| 12:00 p.m. | | | | | | | |
| 1:00 p.m. | | | | | | | |
| 4:00 p.m. | | | | | | | |
| 5:00 p.m. | | | | | | | |
| 6:00 p.m. | | | | | | | |
| 7:00 p.m. | | | | | | | |

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.

Hours: Monday–Friday 5:00 a.m.–10:00 p.m. | Saturday 7:00 a.m.–8:00 p.m. | Sunday 8:00 a.m.–6:00 p.m.

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