



WATER EXERCISE CLASSES

**DUE TO THE CAPACITY LIMITS OF THE POOL OF,
PLEASE SIGN UP AT THE FRONT DESK FOR EACH CLASS**

FUN & FIT

GENERAL WATER EXERCISE COMBINING CARDIOVASCULAR TRAINING WITH RESISTANCE WEIGHT TRAINING FOR A TOTAL BODY WORKOUT. CLASS IS OPEN TO ALL ABILITIES. COMFORT IN WATER IS PREFERRED, NO SWIMMING NECESSARY.

WEDNESDAY 10 :00 AM-11:00 AM

FRIDAY 10:00AM-11:00AM

SUNDAY 8:00 AM-8:45AM

AQUA KICKBOXING

PUNCH, KICK AND TWIST YOUR WAY TO FITNESS IN THIS FUN FILLED CLASS. JOIN US AS WE USE THE METHODS OF TRADITIONAL KICK BOXING TO CREATE A LOWER IMPACT FULL BODY WORKOUT.

MONDAY 10:00 AM-10:45 AM

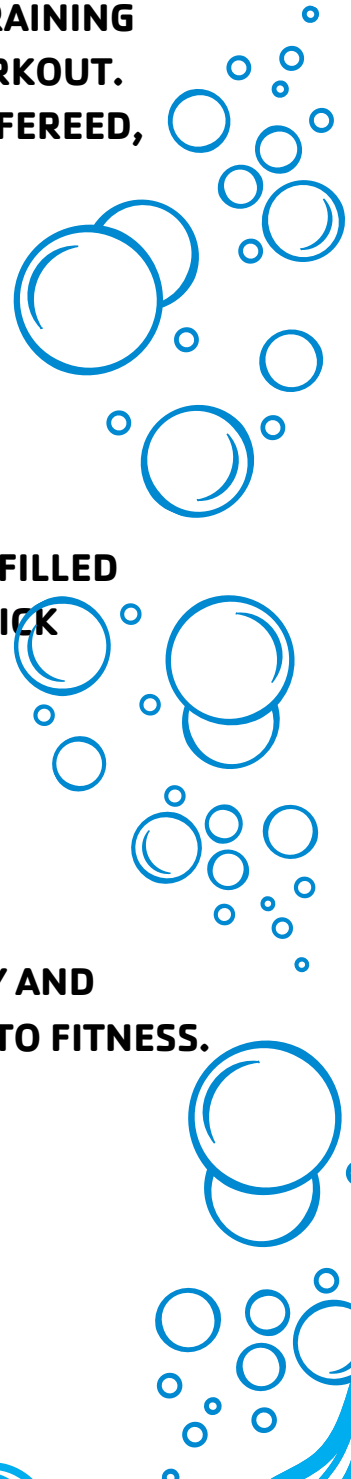
EZ AQUA

LOW IMPACT CLASS THAT FOCUSES ON BALANCE, FLEXIBILITY AND COORDINATION. GREAT CLASS FOR THOSE GETTING BACK INTO FITNESS.

TUESDAY 2:00PM-3:00PM



**QUESTIONS OR CONCERNS PLEASE CONTACT
KELLY MOLINELLI
KELLY.MOLINELLI@YMCAOFMEWSA.ORG
(732)562-2302**



Premium Water Exercise Classes

Splash Dance

Total body workout set to music to get your heart rate up. No swimming ability required.

Comfort in the aquatic environment is recommended prior to participation.

Mondays at 7:15PM



H2O Power

Smaller Aquatic Group Exercise Class designed to get you moving. Cardio and toning in this 45 minute action packed class.

Mondays at 11:30AM & Fridays at 11AM

**\$35 for 7
weeks**

Aqua Challenge

Set to hits of the '80s and '90s, this no-impact deep water exercise class (flotation belts provided) will improve your strength, cardiovascular health, and flexibility.

Tuesdays at 8:30AM
& Saturdays at 8:20AM

