



WATER EXERCISE CLASSES

DUE TO THE CAPACITY LIMITS OF THE POOL,
PLEASE SIGN UP ON THE DAY OF EACH CLASS

FUN & FIT - limited to 28 people

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 AM-11 AM - (sign-up at 9:30AM)

FRIDAY 10 AM-11 AM - (sign-up at 9AM)

SUNDAY 8 AM-8:45 AM - (no sign-up required)

AQUA KICKBOXING - limited to 28 people

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 AM-10:45 AM - (sign-up at 9AM)

EZ AQUA - limited to 28 people

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

TUESDAY 2 PM-3 PM - (no sign-up required)



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



Premium Water Exercise Classes

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.

Thursdays at 7:15PM
& Saturdays at 8:20AM