



# WATER EXERCISE CLASS SPRING SCHEDULE (Revised 03/14/20)

Temporary Schedule

## Downtown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:00 <b>Ta-AQUA-ta</b> TJ	<del>8:00-8:45</del> <b>Aqua Gold</b> Judy	9:00-9:45 <b>Power Splash</b> Cara	<del>8:00-8:45</del> <b>Aqua Gold</b> Judy	9:00-9:45 <b>Ta-AQUA-ta</b> TJ	Lessons & Lap Swim	Lessons & Lap Swim
10:05-10:55 <b>Aqua Zumba</b> Bieesha	8:45-9:15 <b>Aqua Chi</b> Judy	9:50-10:35 <b>Aqua Zen Toning</b> Cara	8:45-9:15 <b>Aqua Chi</b> Judy	9:50-10:35 <b>Aqua Dance Fit</b> Iryna		
5:25-6:10 <b>H2O Fitness</b> Jessica	<del>9:20-9:55</del> <b>Joints n' Motion</b> Mary	5:25-6:10 <b>H2O Fitness</b> Stephanie	<del>9:20-9:55</del> <b>Joints n' Motion</b> Mary	5:45-6:30 <b>H2O Fitness</b> Stephanie	<p><i>Please download our YMCA of Springfield app and join our Facebook Page YMCA of Springfield Land and Water Exercise to receive notifications for</i></p>	
<p>This is a <b>temporary</b> Schedule.</p> <p>All classes that are in blue and struck out are temporarily cancelled.</p> <p>Sorry for any inconvenience.</p>	<del>10:00-10:40</del> <b>Deep Water Fitness</b> Cheryl	Lessons & Lap Swim	<del>10:00-10:40</del> <b>Deep Water Fitness</b> Cheryl	Lessons & Lap Swim		

## Kerasotes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 <b>Aqua Gold</b> Elaine	<del>8:30-9:15</del> <b>Joints n' Motion</b> Elaine	<del>6:15-7:00</del> <b>Aqua Gold</b> Elaine	<del>8:30-9:15</del> <b>Joints n' Motion</b> Elaine	6:15-7:00 <b>Aqua Gold</b> Elaine	7-8am Lap Swim	7-8:30am Lap Swim
11:00-11:45 <b>Deep Water Fit.</b> (Comp. Pool) Cara	9:20-10:05 <b>Aqua Fit</b> Susan	12:15-1:00 <b>Aqua Fit</b> Michelle	9:20-10:05 <b>Aqua Fit</b> Cara	11:00-11:45 <b>Deep Water Fit.</b> (Comp. Pool) Cara	8:10-8:55am <b>Power Splash</b> Stephanie	11:00-11:45 <b>Deep Water Fit.</b> (Comp. Pool) Carey
12:15-1:00 <b>Power Splash</b> Cara	10:10-10:55 <b>Aqua Zumba</b> Jessica	7:30-8:15 <b>Power Splash</b> Betty	10:10-10:55 <b>Aqua Zumba</b> Jessica	12:15-1:00 <b>Aqua Fit</b> Michelle	9-12:30pm Swim Lessons	<p>A Private Lesson or Staff Training may enter the pool at any time.</p>
7:30-8:15 <b>Power Splash</b> Annette	11:00-11:40 <b>Balance/Toning</b> Michelle		11:00-11:40 <b>Balance/Toning</b> Michelle		12:30-6:30pm Open Swim	
<p>Now Hiring Water Exercise Instructors!</p> <p>Apply Online!</p>	11:40-12:00 <b>Aqua Chi</b> Michelle		11:40-12:00 <b>Aqua Chi</b> Michelle		<p>*Classes <u>Downtown</u> may be cancelled due to inclement weather. Please contact the YMCA before arriving when storms are in the area.*</p>	
	7:30-8:15 <b>H2O Fitness</b> Carey	<p>For more information contact: <b>Jessica Baxter</b> Call: (217) 544-9846 ext.145 or Email: <a href="mailto:jbaxter@springfieldymca.org">jbaxter@springfieldymca.org</a></p>		Classes with less than 6 participants may be cancelled		



*\*\*The ability to swim is not necessary for water fitness classes\*\**

<p><b>Aqua Chi:</b> This class will leave you feeling relaxed! Stretching, breathing, relaxation and balancing skills are practiced in a quiet environment.  <b>*There are no weights used in this class.*</b></p>	<p><b>Aqua Zumba:</b> Have fun blending the Zumba philosophy with water resistance for one pool party you shouldn't miss! There is less impact on your joints so you can really let loose. Water creates a natural resistance, causing every step to be more challenging.  <b>*Per Aqua Zumba bylaws, there are no weights used in this class.*</b></p>	<p><b>Power Splash:</b> This class uses the natural resistance and buoyancy of water against the body and water weights to provide a wide variety of conditioning activity. This is a moderate to high intensity class designed to work the whole body.</p>
<p><b>Aqua Dance Fit:</b> Love to dance but have a hard time dancing on the floor? Join this water dance fitness class and have fun while keeping your joints safe and still getting a workout that helps you move!</p>	<p><b>Balance &amp; Toning:</b> This is a very low intensity class designed to improve balance, flexibility, mobility and strengthen the core stabilizer muscles. In doing so you are toning your muscles using the surrounding water resistance, low weights and noodles.</p>	<p><b>Joints n' Motion:</b> This class is designed to provide an opportunity to those who have arthritis to participate in recreational group activity. The water provides added buoyancy to help support joints, decrease pain and/or stiffness and can help improve and maintain joint flexibility. <b>*May use weights/noodles.</b></p>
<p><b>Aqua Fit:</b> This is a gentle, low impact class in the shallow water. The water reduces impact on the joints and supports the body making it a perfect environment for those with injuries or limitations.</p>	<p><b>Deep Water Fitness:</b> This class offers exercises in deep water! Participants with not be able to touch and flotation belts are used. There is no impact on the joints making it perfect environment for those with injuries or limitations.</p>	<p><b>T-AQUA-ta:</b> Is designed to be a timed interval Aqua Fitness Tabata class. You will keep moving and burning calories in a low impact environment.</p>
<p><b>Aqua Gold:</b> Uses the properties of water resistance, weights &amp; noodles while minimizing the impact on the joints. This class is low to moderate intensity and helps to improve strength, mobility, flexibility and endurance.</p>	<p><b>H2O Fitness:</b> This is a shallow water cardiovascular workout. It is intended to be a moderate intensity class by increasing the heart rate and burn calories.</p>	<p>Ask about our land classes and how to enhance your workout with:</p> 
<p><b>Aqua Zen Toning:</b> Much like Chi this class will leave you feeling relaxed and rejuvenated! Stretching, breathing, relaxation and balancing skills are practiced in a quiet environment with some toning aspects. This class may use water weights.</p>	<div data-bbox="506 1543 1101 2049" style="background-color: #00AEEF; color: white; padding: 10px; border-radius: 15px;"> <p align="center"><b><u>PLEASE HELP US KEEP OUR CHILDREN SAFE</u></b></p> <ol style="list-style-type: none"> <li>1. Children under the age of 8 <b>MUST</b> be accompanied by an adult <b>IN THE WATER</b> at all times.</li> <li>2. To enter the deep water, children under the age of 18 must pass a swim test and wear a swim test necklace or bracelet.</li> <li>3. Only Coast Guard approved flotation devices are permitted to be worn in YMCA pools.</li> </ol> </div> <div data-bbox="1101 1507 1554 1890" style="background-color: #008080; color: white; padding: 10px; border-radius: 15px; text-align: center;"> <p><i>2020 Strong Kids Campaign</i></p>  </div> <div data-bbox="1015 1890 1554 2049" style="background-color: #4B0082; color: white; padding: 10px; border-radius: 15px;"> <p><i>*Schedule subject to change. Classes that routinely have six or less participants will be canceled. Schedules also available on the YMCA website, Y app and Facebook Page.*</i></p> </div>	