



YAKIMA ATHLETIC CLUB
SPRING 2022 POOL SCHEDULE
AQUA FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
9:00-9:45AM	AQUA STRETCH & STRENGTH	AQUA ABS & ARMS	AQUA STRIDE & STRENGTH	WATERAEROBICS	WATERAEROBICS	
10-10:45AM	WATERAEROBICS	AQUA POWER				

Afternoon Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1:00-3:30						

Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4:30-7:30						POOL CLOSES AT 4:30PM ON WEEKENDS
5:30-7:30PM		PRENATAL WATER FITNESS (6:00pm)				

*Adult Lap/Open Swim: 18+ only and no lifeguard on duty.
 WATERWALKERS: please use non-lane area when available.*

AQUA EXERCISE CLASSES- (PRE- BOOKING IS NOT REQUIRED)

Aqua Stretch and Strength: Monday 9-9:45AM

A low impact, 45 minute water class focused on stretching, blended with strength work to achieve a mild cardio workout. Wonderful for new exercisers or those wishing to work on balance, posture, and flexibility.

Wateraerobics: Monday 10-10:45AM, Thursday & Friday 9-9:45AM

A 45-minute class combing low, moderate, and high level exercises and equipment to improve your cardiovascular system, muscular strength, core stability, and flexibility. The participant can modify the movements to his or her needs. Come get fit in the pool!

Aqua Abs & Arms: Tuesdays 9-9:45AM

This 45 minute class focuses on increasing endurance and strength of the core and arm muscles. It is not a high impact class, but is highly intensive for those muscle groups. All fitness levels can benefit from these moves using the power of the water, buoyancy, and strength equipment.

Aqua Power: Tuesday and 10-10:45AM

Our most active and challenging water and fitness class! This 45-minute class is geared towards participants with a high level of fitness in mind. A longer, moderate to high intensity cardio session followed by a challenging abdominal and strength training routine. Come ready to work out! (Who said water class was easy?!)

Aqua Stride and Strength: Wednesday 9-9:45 AM

A low impact, 45 minute class using all water walking movements to achieve a mild cardio workout. Equipment may be use for a short time to increase strength. This class has a strength based focus. A short abdominal strengthening and stretching section will balance this workout.

Prenatal Water Fitness: Tuesday 6-6:45PM

YAC welcomes the return of prenatal water fitness to Yakima. This 45 minute class is an opportunity for pre- and post- natal moms to connect and exercise in a low load weight bearing environment. There are multiple health benefits for mom and baby associated with water fitness when pregnant. This class focuses on strength, stability, core, and pelvic floor work. Non-members can attend with purchase a pass for 15 class at \$150 + tax.

**For more information please contact Kristen Ackerman
 509-453-6521 ext. 257**

