



SUMMER 2022 AQUA FITNESS CLASSES

MONDAY	9:00 am - 9:45 am 6:00 pm - 6:45 pm	Aqua Stretch & Strength Prenatal Water Fitness
TUESDAY	9:00 am - 9:45 am 10:00 am - 10:45 am	Aqua Abs & Arms Aqua Power
WEDNESDAY	9:00 am - 9:45 am	Aqua Stride & Strength
THURSDAY	9:00 am - 9:45 am	Water Aerobics
FRIDAY	9:00 am - 9:45 am 10:00 am - 10:45 am	Water Aerobics Water Walking/Water Aerobics
SATURDAY	8:30 am - 9:15 am	Prenatal Water Fitness



Adult Lap/Open Swim: 18+ only & no life guard on duty
Water-walkers: please use non-lane area when available

AQUA EXERCISE CLASSES (PRE-BOOKING IS NOT REQUIRED)

Aqua Stretch and Strength: Monday 9:00 AM - 9:45 AM

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.

Water Aerobics: Thursday & Friday 9:00 AM - 9:45 AM, Friday 10:00 AM - 10:45 AM

A 45-minute class combining 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: Tuesday 9:00 AM - 9:45 AM

This 45-minute class focuses on increasing endurance and strength of the core and arm muscles. It is not a high impact class but it 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 10:00 AM-10:45 AM

Our most active and challenging water 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 9:00 AM - 9:45 AM

A low impact, 45-minute class using all water walking movements to achieve a mild cardio workout. Equipment may be used 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: Monday 6PM & Saturday 8:30 AM - 9:15 AM

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 of a pass for 15 classes at \$150+ tax.

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