



Winter 2022 AQUA FITNESS CLASS SCHEDULE



MONDAY

9:00 am - 9:45 am
6:00 pm - 6:45 pm

Aqua Stretch & Strength
Prenatal Water Fitness

TUESDAY

9:00 am - 9:40 am
9:45 am - 10:15 am

Aqua Power
Aqua Abs & Arms

WEDNESDAY

9:00 am - 9:45 am
10:00 am - 10:45 am

Aqua Stride & Strength
WaterWalking

THURSDAY

9:00 am - 9:45 am

Water Aerobics

FRIDAY

9:00 am - 9:45 am
10:00 am - 10:45 am

Aqua Stride & Strength
Water Aerobics



Adult Lap/Open Swim: 18+ and no lifeguard on duty.
Water-Walkers: Please use non-lane areas 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.

Aqua Power: Tuesdays 9:00 AM - 9:40

Our most active and challenging water fitness class! This 40 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 Abs & Arms: Tuesdays 9:45 AM - 10:15 AM

This 30 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 Stride and Strength: Wednesday & Friday 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.

WaterWalking: Wednesday 10:00 AM - 10:45 AM

This is an excellent cardiovascular and resistance training option. This class is designed for the participant to move through out the entire pool in different patterns that balance the body. The movements will strengthen and tone muscle groups in a gentle non load bearing aquatic atmosphere. Participants will have options to start slowly and gradually increase intensity.

Water Aerobics: Thursday 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.

Prenatal Water Fitness: Monday 6:00 PM

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 5 classes at \$50+ tax.

For more information, please contact Kristen Ackerman

509-453-6521 ext 257