



## Skaneateles YMCA Water Fitness Schedule November

| Monday          | Class               | Instructor | Level/Pool                     |
|-----------------|---------------------|------------|--------------------------------|
| 8:00am-8:50am   | Aqua Blast          | Mary Kay   | Intermediate-Advanced/ Leisure |
| 9:00am-9:45am   | Deep Water Fusion   | Mary Kay   | All levels/ Competition        |
| Tuesday         | Class               | Instructor | Level/Pool                     |
| 8:00am-8:50am   | Aqua Blast          | Susan      | Intermediate-Advanced/ Leisure |
| Wednesday       | Class               | Instructor | Level/Pool                     |
| 8:00am-8:50am   | Aqua Blast          | Mary Kay   | Intermediate-Advanced/ Leisure |
| 9:00am-9:45am   | Deep Water Fusion   | Susan      | All levels/ Competition        |
| 9:45am-10:35am  | Aqua Zumba          | Aline      | All levels/ Leisure            |
| Thursday        | Class               | Instructor | Level/Pool                     |
| 8:00am-8:50am   | Aqua Blast          | Mary Kay   | Intermediate-Advanced/ Leisure |
| 9:00am-9:50am   | Aqua Interval Blast | Kay        | All levels/ Leisure            |
| Friday          | Class               | Instructor | Level/Pool                     |
| 8:00am-8:50am   | Aqua Blast          | Kay        | Intermediate-Advanced/ Leisure |
| 9:00am-9:50am   | Deep Water Fusion   | Kay        | All levels/ Competition        |
| 10:00am-10:30am | Aqua Jogging        | Kay        | All levels/Competition         |

### Class Descriptions

**Aqua Blast:** Shallow water (leisure pool) workout that incorporates cardio, strength and flexibility. Be prepared to break a sweat.

**Aqua Interval Blast:** Shallow water (leisure pool) workout designed to raise your heart rate during interval training.

**Deep Water Fusion:** For all levels. Class will utilize the deep water as well as equipment for strength intervals. Great for post surgical non weight bearing exercises.

**Aqua Zumba:** Blends the Zumba formula and water fitness exercises for a Zumba pool party.

