

WATER GROUP EXERCISE OFFERINGS



AQUA MOVES (Family Pool)

Intensity: Low to Moderate

Botetourt Family YMCA/Salem Family YMCA

Slower moves in warm water can promote greater mobility and ease of motion. An excellent workout for mobility challenged individuals especially those with arthritis.

No swimming ability required.

AQUA YOGA (Family Pool)

Intensity: Low to Moderate

Salem Family YMCA

Strengthen and lengthen muscles using the same principles of a Yoga workout. Use gentle resistance to tone arms, legs and core while improving your posture as well.

No swimming ability required.

AQUA FIT / H2O PUMP

(Family Pool)

Intensity: Low to Moderate

Botetourt Family YMCA/Salem Family YMCA

Whether you're looking to get in shape, relieve stress, or simply enjoy a refreshing workout, our Aqua Fit class offers a fantastic way to achieve your fitness goals while having a good time. Challenge yourself with a dynamic aquatic workout that combines stretching, cardiovascular exercise, and strength training. No swimming ability required - friendly for all fitness levels!

AQUA BARRE (Family Pool)

Intensity: High

Botetourt Family YMCA

Aqua Barre is a low-impact workout that brings the principles of barre fitness into the pool and incorporates ballet-inspired movements, Pilates, yoga, and resistance training.

No swimming ability required.

AQUA KICK (Family Pool)

Intensity: High

Botetourt Family YMCA

This specialty course is designed for all levels of fitness and involves powerful boxing and kicking movements in water. Experience strong purposeful movements which build confidence and exude positive energy.

No swimming ability required.

HYDRO PILATES (Family Pool)

Intensity: Moderate to Difficult

Salem Family YMCA

This course involves non-impact strengthening and stretching movements while requiring precise breathing and muscle control. Helps strengthen your core, improve your posture and increase your flexibility.

No swimming ability required.

AQUA ZUMBA (Lap Pool)

Intensity: Low to Moderate

Botetourt Family YMCA/Salem Family YMCA

A dynamic and exhilarating aquatic fitness class that combines the lively rhythms of Latin and international music with the benefits of water-based exercise.

No swimming ability required.

AQUABILITIES (Lap Pool)

Intensity: Moderate

Kirk Family YMCA/Salem Family YMCA

Get your heart pumping in this effective low impact water aerobics class.

Warm water helps increase range of motion, reduces chill and promotes ease of movement.

The water's buoyancy assists in maintaining cardiovascular endurance without excessive strain on the joints. The water's natural resistance strengthens muscles. This class is a good start for those who are new to exercise looking for a good beginning to cardiovascular exercise in water.

No swimming ability required.

DEEPLY FIT (Lap Pool)

Intensity: Moderate to Difficult

Botetourt, Kirk and Salem Family YMCA

Athletes and beginners alike, take a plunge into this high intensity cardio and strength workout! Flotation devices may be used to help with stability. Participants should be comfortable in deep water.

WATER WELLNESS (Lap Pool)

Intensity: Low to Moderate

Salem Family YMCA

Designed to burn fat, tone muscles, improve flexibility and build endurance.

This shallow water class includes an intense cardiovascular component followed by a strength training segment possibly utilizing a variety of equipment.

No swimming ability required.

**WATER GROUP
EXERCISE CLASS
INFORMATION**



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