

# WATER EXERCISE SCHEDULE

# JANUARY 2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>ALL CLASSES ARE 60 MINUTES UNLESS NOTED:</b>                      ** = 45 MINUTE CLASS * = 30 MINUTE CLASS</p> <p><b>INCLEMENT WEATHER POLICY</b>                      ALL Water Exercise Classes will be cancelled if the Marshfield School District dismisses early or cancels school due to inclement weather. For weather related closings and cancellations, check our Facebook and/or Instagram page, website, or contact the Y.</p>				<p><b>1</b></p> <p><b>YMCA CLOSED</b></p> <p><b>HAPPY NEW YEAR</b></p>		<p><b>2</b></p> <p>8:30am ARTHRITIS AQUATIC EXERCISE** w/Pam</p> <p>5:30pm WATER EXERCISE w/Mary</p>		<p><b>3</b></p> <p>8:00am AQUA ZUMBA** w/Riya</p> <p>8:30am ARTHRITIS AQUATIC EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Amber</p> <p>9:20am AOA WATER EXERCISE** w/Marcia</p>	
<p><b>6</b></p> <p>8:30am AOA WATER EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Amber</p>		<p><b>7</b></p> <p>8:00am AQUA ZUMBA** w/Riya</p> <p>8:30am AQUA SPLASH** w/Pam</p> <p>5:30pm WATER EXERCISE w/Mary</p>		<p><b>8</b></p> <p>8:30am AOA WATER EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Bernice</p> <p>9:30am AQUA SPLASH** w/Pam</p> <p>12:00pm AOA WATER EXERCISE** w/Marcia</p>		<p><b>9</b></p> <p>8:30am ARTHRITIS AQUATIC EXERCISE** w/Lisa</p> <p>5:30pm WATER EXERCISE w/Mary</p>		<p><b>10</b></p> <p>8:00am AQUA ZUMBA** w/Riya</p> <p>8:30am ARTHRITIS AQUATIC EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Amber</p> <p>9:20am AOA WATER EXERCISE** w/Marcia</p>	
<p><b>13</b></p> <p>8:30am AOA WATER EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Amber</p>		<p><b>14</b></p> <p>8:00am AQUA ZUMBA** w/Riya</p> <p>8:30am AQUA SPLASH** w/Pam</p> <p>5:30pm WATER EXERCISE w/Mary</p>		<p><b>15</b></p> <p>8:30am AOA WATER EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Bernice</p> <p>9:30am AQUA SPLASH** w/Pam</p> <p>12:00pm AOA WATER EXERCISE** w/Marcia</p>		<p><b>16</b></p> <p>8:30am ARTHRITIS AQUATIC EXERCISE** w/Lisa</p> <p>5:30pm WATER EXERCISE w/Mary</p>		<p><b>17</b></p> <p>8:00am AQUA ZUMBA** w/Riya</p> <p>8:30am ARTHRITIS AQUATIC EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Amber</p> <p>9:20am AOA WATER EXERCISE** w/Marcia</p>	
<p><b>20</b></p> <p>8:30am AOA WATER EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Amber</p>		<p><b>21</b></p> <p>8:00am AQUA ZUMBA** w/Riya</p> <p>8:30am AQUA SPLASH** w/Pam</p> <p>5:30pm WATER EXERCISE w/Mary</p>		<p><b>22</b></p> <p>8:30am AOA WATER EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Bernice</p> <p>9:30am AQUA SPLASH** w/Pam</p> <p>12:00pm AOA WATER EXERCISE** w/Marcia</p>		<p><b>23</b></p> <p>8:30am ARTHRITIS AQUATIC EXERCISE** w/Lisa</p> <p>5:30pm WATER EXERCISE w/Mary</p>		<p><b>24</b></p> <p>8:00am AQUA ZUMBA** w/Riya</p> <p>8:30am ARTHRITIS AQUATIC EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Amber</p> <p>9:20am AOA WATER EXERCISE** w/Marcia</p>	
<p><b>27</b></p> <p>8:30am AOA WATER EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Amber</p>		<p><b>28</b></p> <p>8:00am AQUA ZUMBA** w/Riya</p> <p>8:30am AQUA SPLASH** w/Pam</p> <p>5:30pm WATER EXERCISE w/Mary</p>		<p><b>29</b></p> <p>8:30am AOA WATER EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Bernice</p> <p>9:30am AQUA SPLASH** w/Pam</p> <p>12:00pm AOA WATER EXERCISE** w/Marcia</p>		<p><b>30</b></p> <p>8:30am ARTHRITIS AQUATIC EXERCISE** w/Lisa</p> <p>5:30pm WATER EXERCISE w/Mary</p>		<p><b>31</b></p> <p>8:00am AQUA ZUMBA** w/Riya</p> <p>8:30am ARTHRITIS AQUATIC EXERCISE** w/Marcia</p> <p>9:00am WATER EXERCISE w/Amber</p> <p>9:20am AOA WATER EXERCISE** w/Marcia</p>	

# WATER EXERCISE CLASS DESCRIPTIONS

At the Y, we offer water exercise classes for all ages, all levels and all interests. We trust you'll find a water exercise class that's fun, supportive and keeps you moving. Below is a detailed listing of our current offerings.

## AOA (Active Older Adult) WATER EXERCISE

**Max Capacity = 12**

Jump on into the warm water. This class, held in the shallow water of our small pool, helps improve flexibility, range of motion, balance and cardiovascular health without the stress of weight bearing on joints. Be ready for a full body workout without the pain of regular day to day activities.

## AQUA SPLASH

**Max Capacity = 12**

This shallow-water exercise class uses a splashboard for stability and resistance training. Aqua Splash is suitable for all skill levels and non-swimmers. The aquatic environment provides many benefits for range-of-motion, aerobic and resistance training.

## AQUA ZUMBA

**Max Capacity = 12**

Known as the Zumba "pool party", Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

## ARTHRITIS AQUATIC EXERCISE

**Max Capacity = 12**

This therapeutic, non-impact class uses the buoyancy of water to support your body, reducing stress on weight bearing joints while improving flexibility and muscle tone. Class format consists of mild water exercises designed to safely move joints through a full range of motion. This class is appropriate for those impacted by arthritis, posture and balance issues, orthopedic/neuromuscular conditions or other physical limitations.

## WATER EXERCISE

**Max Capacity = 15**

Enjoy the benefits of shallow and deep water workouts designed to improve cardiovascular health and fitness by focusing on aerobic exercise, muscle toning, and strengthening your entire body. This class uses aqua jogger belts in the deep water so no swimming ability is needed.

## WATER EXERCISE CLASS FEES

### Y-MEMBERS

**FREE**

Reservations are recommended to guarantee your spot in class. Reserve your spot up to one week in advance of an upcoming class. Download our mobile app to access our registration page: Search: "Marshfield YMCA" available on the app store or google play.

### NON-MEMBERS

Individual Day Pass Fee = \$10

Family Day Pass Fee = \$25