

**YMCA OF BUCKS COUNTY | Doylestown**  
**Aquatics Group Exercise Class Schedule**  
**SUMMER | June 14 – August 31, 2021**  
**“We’re here for you.”**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GENTLE AQUA AEROBICS</b> 8:00 - 8:45am Kim H.   WP	<b>AQUA AEROBICS</b> 6:00 - 6:45am Kim H.   WP	<b>AQUA AEROBICS</b> 8:00 - 8:45am Maureen   WP	<b>AQUA AEROBICS</b> 6:00 - 6:45am Kim H.   WP	<b>GENTLE AQUA AEROBICS</b> 8:00 - 8:45am Kim H.   WP
<b>AQUA AEROBICS</b> 9:00 - 9:45am Kim H.   LP	<b>AQUA YOGA</b> 8:00 - 8:45am Sandy   WP	<b>AQUA BALANCE, STRETCH &amp; STRENGTHEN</b> 9:00 - 9:45am Maureen   LP	<b>AQUA YOGA</b> 8:00 - 8:45am Sandy   WP	<b>AQUA TABATA</b> 9:00 - 9:45am Michele   LP
<b>ARTHRITIS AQUATICS</b> 11:00am – 12:00pm Kim H.   WP	<b>AQUA ZUMBA®</b> 9:00 - 9:45am Michael   LP	<b>ARTHRITIS AQUATICS</b> 11:00am – 12:00pm Maureen   WP	<b>AQUA DANCE</b> 9:00 - 9:45am Maria   LP	<b>ARTHRITIS AQUATICS</b> 11:15am - 12:15pm Kim H.   WP
	<b>ARTHRITIS AQUATICS</b> 11:00am – 12:00pm Maureen   WP		<b>ARTHRITIS AQUATICS</b> 11:00am – 12:00pm Maureen   WP	
				6/16/2021
			<b>GENTLE AQUA AEROBICS</b> 6:00 – 6:45pm Dot   WP	

## **GROUP AQUATICS CLASSES (Low Impact)**

**AQUA AEROBICS / GENTLE AQUA AEROBICS | Beg - Adv.** A low-impact aerobic workout designed to work every major muscle group. The water's buoyancy decreases stress on hips, knees, ankles and feet. Try our **GENTLE AQUA AEROBICS** for a less cardio intense class.

**AQUA BALANCE, STRETCH & STRENGTHEN |** This aqua workout uses pool noodles in the deep and shallow ends of the pool.

**AQUA ZUMBA® | Beg - Adv.** This class is perfect for those looking to make a splash by adding a **low-impact**, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**AQUA TABATA | Int. - Adv.** This class combines high intensity interval training with the properties of water that result in a fun, high cardio workout to blast calories.

**AQUA YOGA | Beg - Adv.** Aqua Yoga takes the practice of Yoga into the water for a gentle and low impact class.

**ARTHRITIS AQUATICS | Beg - Adv.** Endorsed by the Arthritis Foundation you can enjoy physical activity while increasing strength, mobility and flexibility. For all ages with Arthritis, Fibromyalgia and other rheumatic related conditions.

**H2O CARDIO | Int. - Adv.** Get ready to get that heart rate up with some fast paced moves in the deep end!