



2023 Aquatic Fitness Schedule

September 1 - December 31



REGISTRATION

Classes with an asterisk require prior registration. Scan this QR code to sign up or visit: ymcanorman.org/calendars



CLASS DESCRIPTIONS

To learn more about what each class entails, scan this QR code to sign up or visit: ymcanorman.org/aquatics

	START TIME	CLASS	INSTRUCTOR	LENGTH	DEPTH
MONDAYS	5:30 AM	Tabaqua	Brad	50 Min	Deep
	7:00 AM	Deep Water Exercise	Dallas	40 Min	Deep
	7:45 AM	Deep Water Exercise	Dallas	40 Min	Deep
	8:00 AM	HYDRA	Jean	55 Min	Shallow
	9:00 AM	Arthritis	Dallas	30 Min	Shallow
	9:30 AM	Arthritis	Dallas	30 Min	Deep
	3:00 PM	Hydro	Jean	50 Min	Deep
	5:40 PM	*Aqua Core Challenge <i>(must register)</i>	Lynette	45 Min	Shallow
6:30 PM	Yoga Fusion	Tanya	55 Min	Shallow/Deep	
TUESDAYS	7:00 AM	Deep Water Exercise	Dallas	40 Min	Deep
	7:45 AM	Deep Water Exercise	Dallas	40 Min	Deep
	9:00 AM	Aqualates	Leigh	40 Min	Shallow
	9:45 AM	Silver Sneakers SPLASH	Leigh	40 Min	Shallow
	3:00 PM	Tabaqua	Pennie	50 Min	Deep
	6:30 PM	HIIT	Cheryl	55 Min	Deep
WEDNESDAYS	5:30 AM	Tabaqua	Brad	0 Min	Deep
	7:00 AM	Deep Water Exercise	Dallas	40 Min	Deep
	7:45 AM	Deep Water Exercise	Dallas	40 Min	Deep
	8:00 AM	HYDRA	Jean	55 Min	Shallow
	9:00 AM	Arthritis	Dallas	30 Min	Shallow
	9:30 AM	Arthritis	Dallas	30 Min	Deep
	3:00 PM	HEAT	Jean	50 Min	Deep
	5:40 PM	*Aqua Core Challenge <i>(must register)</i>	Lynette	45 Min	Shallow
	6:30 PM	Mash Up	Lorie	55 Min	Shallow/Deep

Our mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

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	START TIME	CLASS	INSTRUCTOR	LENGTH	DEPTH
THURSDAYS	7:00 AM	Deep Water Exercise	Dallas	40 Min	Deep
	7:45 AM	Deep Water Exercise	Dallas	40 Min	Deep
	9:00 AM	Aqualates	Leigh	40 Min	Shallow
	9:45 AM	 Silver Sneakers SPLASH	Leigh	40 Min	Shallow
	3:00 PM	Tabaqua	Pennie	50 Min	Deep
	6:30 PM	Yoga Fusion	Tanya	55 Min	Shallow/Deep
FRIDAYS	5:30 AM	Tabaqua	Brad	50 Min	Deep
	7:00 AM	Deep Water Exercise	Dallas	40 Min	Deep
	7:45 AM	Deep Water Exercise	Dallas	40 Min	Deep
	8:00 AM	HYDRA	Leigh	55 Min	Shallow
	9:00 AM	Arthritis	Dallas	30 Min	Shallow
	9:30 AM	Arthritis	Dallas	30 Min	Deep
	3:00 PM	Tabaqua	Lynnette/Linda	50 Min	Deep
SATURDAYS	9:10 AM	Tabaqua/Deep Water Exercise	Brad	50 Min	Deep
	10:10 AM	Tabaqua	Linda	50 Min	Deep

Aquatic Fitness Class Descriptions

Arthritis (shallow)

Based on a program developed by the arthritis foundation for people with various types of arthritis. Class is held in shallow and deep water and participants do not need to know how to swim. A medical release is recommended.

Aqua Core Challenge

A shallow water, low impact, cardiovascular challenge to improve your core strength and balance.

Aqua Zumba

Aqua Zumba class is designed to bring people together to sweat it on. How it works: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style aqua workout. This is a classic aqua aerobics class with Latin flavor added. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling.

Deep Water Exercise

This class utilizes flotation belts. It Aerobically strengthens and tones all muscle groups.

HEAT: High - Energy - Aquatic - Training (Deep Water)

A deep water interval training & high-intensity class utilizing various equipment to add to the heat. This is a total body workout adaptable to all fitness levels. Pre/Post Natal participants are welcome to attend this class.

HYDRA

A high-intensity, shallow water workout.

Hydro

A high-intensity, deep water workout.

Intense Workout (Deep Water)

Cardio & strength conditioning for lifestyle enhancement using a floatation belt & hydro-tone equipment.

SWAT (Shallow Water Aerobic Training)

A high-energy, shallow water workout that increases endurance by using resistance equipment.

Tabaqua

A HIIT (high-intensity interval training) class that utilizes the Tabata technique to burn calories, increase metabolism & break through your training plateau.