



MISSOULA FAMILY YMCA WATER FITNESS SCHEDULE April 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
	Aqua Fit 7:30-8:30am Becca		Aqua Fit 7:30-8:30am Becca		Aqua HIIT 7:30-8:30am Becca	Join us for the 45th Annual Riverbank Run - Saturday, April 29th!
Triathlon Training 9:00-11:00am Peer Led - meet in the pool	Aqua Fit 11:00-12:00pm Becca	Deep Water Running 11:00-12:00pm Pete	Aqua Fit 11:00-12:00pm Becca	Deep Water Running 11:00-12:00pm Pete	Aqua Fit 11:00-11:45pm Nora	
Afternoon/Evening Classes						
	Masters Lap Swim 6:30-7:30pm Haele		Masters Lap Swim 6:30-7:30pm Haele		Masters Lap Swim 6:00-7:00pm Haele	

***Download our FREE Y app for fast access to the most up-to-date schedules and class substitutions.**

Aqua Fit (AF) - Aqua Fit Classes are high energy and incorporate the use of noodles, kick boards, and water weights. Each class includes cardio, toning, core work, flexibility and balance exercises. Your body feels almost weightless in the water which allows your movements to feel graceful and fluid. Since the water supports your muscles and joints, you can move easily without jarring or pounding, making water the perfect place for people to exercise who have structural issues. Exercising in the water provides natural resistance, allowing you to see toning results faster. The water allows you to exercise at your own pace. You can work as hard as you are comfortable with in the water...it is truly your own workout.

Duo Aqua Fit - Aqua Fit where you work your way from the deep to the shallow end!

Aqua HIIT - Aqua HIIT (High Intensity Interval Training) includes specialized Tabata format, transitions into the water with high-powered results. Minimal choreography, maximal results. This class gives you an intense workout without the high impact on your muscles and joints. Aqua HIIT is the hottest workout in the pool and one of the latest trends in fitness to deliver the next level of training in the pool!

Deep Water Running - If you're looking for a cool alternative to running, you've been injured and want to stay in shape, or you just want to add a new element to your running routine, water running can help. The basic idea is that you are running, suspended in water so you use all the same muscles as running but without the impact and wear and tear on your body. This class is designed and instructed so that anyone from a beginner to an elite racer will benefit.

Masters Lap Swim (MLS) - A coached workout for adults looking for an alternative to lap swim. This program accommodates all levels from fitness swimmer to elite swimmer. Stroke technique, videotaping, race strategy and an intense workout are emphasized. Masters swimming is not for competitive swimmers only. Participants are encouraged to participate to help them succeed in any fitness/swimming goals they may have set to accomplish. Participants are given information about swim competitions or triathlon events throughout the year, as many participants choose specific events and set them as goals to help keep them motivated throughout their workout sessions.

Y Fall/Winter/Spring Hours: Monday-Friday 5am-10pm; Saturday 7am-8pm; Sunday 8am-6pm
(406)721-YMCA(9622) www.ymcamissoula.org