



Red Bank Family YMCA
AQUA GROUP FITNESS SCHEDULE
Winter: January 1 – March 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00–10:00am (B) Aqua Fit Jessica	9:00–10:00am (B) Aqua Fit Betty	9:00–10:00am (B) Aqua Fit Judy		9:00–10:00am (B) Aqua FIT Betty	9:00–10:00am (B) Aqua Fit Christina	
10:00–11:00am Deep Water Mary Starts 1/15/24		10:00–11:00am Deep Water Mary Starts 1/15/24	10:00–10:45am (B) Aqua Fit Nancy	10:00–11:00 am (H) Arthritis Betty	10:00–11:00am Deep Water Christina	
	11:00–11:30a(H) Ai Chi 30 Eugenie		11:00–11:30a(H) Ai Chi 30 Eugenie			
	11:30–12:00pm Arthritis Eugenie		11:30–12:00pm Arthritis Eugenie			
6:30–7:30pm (H) Hydro HIIT Lauren	6:15–7:15pm (H) Hydro HIIT Christina		6:15–7:15pm (H) Hydro HIIT Christina			
				Group Fitness schedules are subject to change. Please visit the YMCA website for the most up to date information.		

RED BANK FAMILY YMCA | GROUP FITNESS CLASS DESCRIPTIONS



Ai Chi – A graceful form of aquatic exercise with a series of movements performed in a slow, focused manner using deep breathing and accompanied by relaxing music.

Aqua Arthritis – Gentle functional movement with components of flexibility, strength & balance, and cardio.

Aqua Fit – A great aerobic workout while toning muscles and improving flexibility and coordination.

Aqua Tabata – High-intensity interval training with short bursts of cardio separated by brief periods of rest in between each exercise. Guaranteed to burn through fat and calories.

Deep Water – This low-impact class is performed in deeper water and is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells and flotation belts.

Hydro HIIT (High Intensity Interval Training) – Using steps, noodles & other equipment in a station type of format while listening to the popular songs from across the years.