



Red Bank Family YMCA AQUA GROUP FITNESS SCHEDULE Summer: June 1 – August 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00–9:45am (B) Aqua Tabata Jess MacDonald		9:00–10:00am (B) Aqua Fit Judy		9:00–9:45am (B) Aqua Tabata Jess McGrail	9:00–10:00am (B) Aqua Fit Christina	
					10:00–11:00am Deep Water Christina	
	NEW! 12:00–12:30pm (H) Ai Chi 30 Eugenie		NEW! 12:00–12:30pm (H) Ai Chi 30 Eugenie			
	NEW! 12:30–1:00pm (H) Arthritis Eugenie		NEW! 12:30–1:00pm (H) 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 our 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. Level I & Level II available.

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, noodles & other equipment in a station type of format while listening to the popular songs from across the years.