



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUA FITNESS

KEARNEY FAMILY YMCA

Aqua Fitness Classes Are Available! All classes offer a high-intensity cardio + strength water workout for the entire body with no impact on the lower body! Raise your heart rate, torch calories, strengthen, tone and stretch muscles, all with zero joint impact!

Aqua Fit

Wednesdays at 8:30-9:15AM W/ Kathy
This shallow to mid water workout includes the use of equipment...or none at all! We may use ergo bells, loops & bands, noodles, kickboards, & balls. We will work out to music to target fitness components of agility, balance, & coordination.

Aqua Surprise

Mondays/Fridays 8:30-9:15AM w/ Kathy & Cindy
Any of our regular Water Aerobics Classes will be taught. Instructors will rotate through their favorite workouts.

AquaZumba®

Wednesdays at 5:30PM W/ Barb Mathis
Thursdays at 5:30AM W/ Erin Bailey
Jump into the Latin inspired, easy to follow, calorie burning fitness party that makes working out a SPLASH! Burn 500-700 calories in each workout, PLUS get in your toning for the day.

Energizer

Thursdays at 5:30AM W/ Terri Miller
This early morning class get your day started right! Class includes a warm-up, 30 minutes of cardiovascular exercise, followed by a cool down and stretching for a total of 45 minutes. The class will utilize a variety of equipment for added resistance. All ages and fitness levels welcome.

TabAqua

Tuesdays/Thursdays at 8:30-9:15AM W/ Kathy
Designed to help jump start your metabolism & burn more calories quicker, this class will keep your entire body guessing what's coming next! Interval training in both the Tabata methods, mixed & max intervals, we will incorporate all of your favorite Aquatics equipment into aquatic movements to enhance both strength & cardiovascular endurance. So if you want more bang for your buck in the water....we will see you at TabAqua!