



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 Surprise

Mondays & Fridays 8:30AM-9:15AM w/ Kathy & Cindy

Any of our regular Water Aerobics Classes will be taught. Instructors will rotate through their favorite workouts.

TabAqua

Tuesdays & Thursdays at 8:30AM-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!

Aqua Fit

Wednesdays at 8:30AM-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.

AquaZumba®

Wednesdays at 5:30PM W/ Barb

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.