

### Monday (before 1 pm)

5:15-6:00 am Aqua Cardio  
8:15-9:00 am Aqua Zumba\*  
9:00-9:45 am Aqua Mix\*

### Tuesday (before 1 pm)

5:15-6:00 am Aqua Cardio  
8:15-9:00 am Aqua Cardio\*  
9:00-9:45 am Aqua Tabata\*

### Wednesday (before 1 pm)

5:15-6:00 am Aqua Cardio  
8:00-9:00 am Aqua Cardio\*  
9:00-9:45 am Aqua Tabata\*

### Thursday (before 1 pm)

5:15-6:00 am Aqua Cardio  
8:15-9:00 am Aqua Zumba\*  
9:00-9:45 am Aqua Tabata\*

### Friday (before 1 pm)

5:15-6:00 am Aqua Cardio  
8:00-9:00 am Aqua Cardio\*  
9:00-9:30 am Aqua Mix\*

### Sunday (before 1 pm)

### Monday (after 1 pm)

7:00-8:00 pm Pumpin Tabata\*

### Tuesday (after 1 pm)

No classes.

### Wednesday (after 1 pm)

7:00-8:00 pm Pumpin Tabata\*

### Thursday (after 1 pm)

No classes.

### Friday (after 1 pm)

No classes.

### Saturday

9:15-10:15 am Saturday Surprise\*  
A mix of Cardio, Toning, Strength, and FUN!  
Guaranteed to get your heart pumping!

\*\*Instructors will rotate. Class format depends on

## criptions

You want to burn calories, get great along with toning, building muscle strength, this is the class you will be in either the smaller or pool. This is a more intense spin class Aquacise class. This class will be at our aquatics facility has to

us for an exhilarating workout and strength in the water! You'll be refreshed and empowered!

**abata** – A little bit of Pump, a little bit of fun! We will get your heart pumping some iron in each class. Training is one of the most effective ways to get a high intensity–low impact workout for all fitness levels.

**abata** interval training is one of the most popular fitness classes. This class is for all fitness levels. Each individual does a routine for 20 seconds, followed by 10 seconds of rest. The class is adaptable for non-swimmers.

Known as the Zumba "pool party," this class is a new meaning to the idea of an aquatics workout. Integrating the Zumba formula with traditional aqua fitness, Zumba blends it all together into a fun, water-based workout that's cardio and body-toning, and most of all, fun and belief.

## Classes on the schedule are with membership!!!

Click here to check out our Norfolk, Virginia Water Group Fitness Facebook Page!

## Pool Dress Code:

1. All Patrons must shower before entering the pool.
2. Appropriate swim attire is required before entering the pool. Swimsuit or swim trunks, you may wear a t-shirt to cover swim attire if desired.
3. **ABSOLUTELY NO** – gym shorts, undergarments, jean shorts, etc. will NOT be considered swim attire. (If these items are worn you will be asked to leave.)

**Schedule is subject to change.**

**Please check our website: [www.norfolkymca.org](http://www.norfolkymca.org) for the most recent schedule.**

**Must be 15 years or older to attend group fitness classes.**

**Norfolk Family YMCA  
301 W Benjamin Avenue  
Norfolk, NE 68701**

**(P) 402-371-9770  
(W) [www.norfolkymca.org](http://www.norfolkymca.org)  
(O) Facebook**

For any questions concerning Group Fitness, please see our Welcome Center staff or our Aquatic Director, Skyler. Feel free to email her at [swim@norfolkymca.org](mailto:swim@norfolkymca.org). If an instructor is unable to teach their class—Y Staff will do their best to fill the time with another class.



FOR YOUR  
FOR HEALTH  
FOR SOCIETY

# WATER WORKS FOR ALL

## Group Fitness– Water

August 12th–December 31st

Check the schedule at the beginning of



Updated 7/18