WATER FIT FUN
YARROW FAMILY YMCA
WATER FITNESS CLASSES

MONDAY
8:00AM-8:45AM  AQUA YOGA in the warm pool w/Karen H
9:00AM-9:45AM  SPLASH DANCE in the lap pool w/Karen H

TUESDAY
8:00AM-8:45AM  COMPLETE AQUA in the lap pool w/Katharine D
9:00AM-10:00AM EXTREME POWER WORKOUT in the lap pool w/Carol S
10:15AM-11:15AM DEEPLY FIT in the lap pool w/Carol S

WEDNESDAY
8:00AM-8:45AM  AQUA YOGA in the warm pool w/Karen H
9:00AM-9:45AM  SPLASH DANCE in the lap pool w/Karen H
6:30PM-7:15PM  BEGINNING AQUA X in the warm pool w/Shelby L

THURSDAY
9:00AM-10:00AM EXTREME POWER WORKOUT in the lap pool w/Carol S
10:15AM-11:15AM DEEPLY FIT in the lap pool w/Carol S
6:30PM-7:15PM  BEGINNING AQUA X in the warm pool w/Shelby L

FRIDAY
9:00AM-9:45AM  AQUA CARDIO in the lap pool w/Carol S

SATURDAY
12:00PM-12:45PM BEGINNING AQUA in the warm pool w/Shelby L

SUNDAY
11:00AM-11:45AM BEGINNING AQUA X in the warm pool w/Shelby L.

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WATER FITNESS CLASS DESCRIPTIONS

BEGINNER AQUA
This restorative class in the warm water pool helps improve balance and post-surgery recovery and is great for those who are just beginning their fitness journey. Enjoy a core workout with a touch of ballet and experience a "no stress, express" workout that will leave you feeling invigorated. Have fun, let loose and work out!

INTRO AQUA
This fun class takes place in either in the warm water pool or lap pool! Whether it’s an injury, joint issue or you simply have gills, the water adds a nice resistance to any workout. Learn as you go and feel weightless while increasing strength.

COMPLETE AQUA
This class features cardiovascular training, muscle conditioning and flexibility in the shallow end of the lap pool.

AQUA YOGA
Enjoy a yoga class in the warm water pool while increasing stability, strength and flexibility with the support of water.

EXTREME POWER WORKOUT
Fast-paced cardiovascular aquatic workout in shallow water, utilizing equipment for muscular strength training, toning and stretching

DEEPLY FIT
Deep-water running and traveling guarantees to challenge your body, your core muscles and your stamina.

SPLASH DANCE
A move and groove, high-energy class that encourages flexibility, balance, cardio and fun with a mix and music.