



## Marshall Area YMCA Water Aerobics Schedule

### Monday

- **8:45 am Aquacise**
- **4:40 pm Joints in Motion**
- **5:30 pm Aqua Fitness**

### Tuesday

- **8:45 am Shallow Water Aerobics**

### Wednesday

- **8:45 am Aquacise**
- **4:40 pm Joints in Motion**
- **5:30 pm Aqua Fitness**

### Thursday

- **8:45 am Shallow Water Aerobics**

### Friday

- **8:45 am Aquacise**

**Aquacise/Aqua Fitness:** Work muscles you never knew you had, through water resistance. Running, jumping & water weight training—without all of the impact. (45 minutes)

**Joints in Motion:** The perfect workout for anyone with Multiple Sclerosis or arthritis who wants some extra advice on how they can break a sweat without putting the stress on their joints. Class is held in the shallow end of the pool. (45 minutes)

**Shallow Water Aerobics:** A great shallow water class that will increase muscle strength & turn up the heart rate with fun water moves; no need to swim. (45 minutes)

- All water aerobics classes are held in the pool. The aquatics facility is not closed during class, lap swimmers and swimming lessons may be in session during class.
- To stay up-to-date with our facility announcements, download the Marshall Area YMCA app for free in Google Play or the App store.

**The Marshall Area YMCA follows the Marshall Public School District in case of inclement weather. If Marshall Public Schools are 2 hours late, there are no aqua classes before noon. If school is dismissed early, there are no aqua classes from the time of the dismissal through the rest of the evening. If school is cancelled, all aqua aerobics classes are cancelled as well.**