



WATER FITNESS SCHEDULE

NEOSHO FREEMAN FAMILY YMCA – EFFECTIVE SEPTEMBER 2014

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30 AM Aqua Beats	8:30-9:30 AM Aqua Beats	8:30-9:30 AM Aqua Beats	8:30-9:30 AM Aqua Beats	8:30-9:30 AM Aqua Beats
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9:45-10:30 AM Joints In Motion	9:45-10:30 AM Joints in Motion	9:45-10:30 AM Joints in Motion	9:45-10:30 AM Joints in Motion	
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10:30-11:15 AM H20 Combo	10:30-11:15 AM Silver Splash	10:30-11:15 AM H20 Combo	10:30-11:15 AM Silver Splash	
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H20 Combo: A full body cardio and strength workout- in the water!

Joints in Motion: Specific to those suffering from arthritis or other discomforts, this class is low-intensity class designed to increase flexibility and strength.

Silver Splash: Designed to enhance cardiovascular fitness, balance, coordination, agility, and range of motion

Aqua Beats: Low Impact water fitness class that incorporates music and rhythms to your workout.

NEOSHO FREEMAN FAMILY YMCA
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Our Mission: “ To put Christian principles into practice through programs that build healthy spirit, mind, and body for all”