

JULY 2025

AQUA GROUP FITNESS SCHEDULE:



AM Schedule

Aqua Fit (Shallow)

9am-9:45am | Mon-Tues, Thurs-Fri

*Wednesday class is OSF Aqua Fit

Aqua Fit (Deep)

11am-11:30am | Tues & Thurs

Aqua Tabata (Shallow)

8am-8:45am | Tues

Aqua Walk (Shallow)

8am-8:45am | Mon & Wed

*Space is limited

Aqua Walk (Deep)

10:15am-10:45am | Mon & Wed

10am-10:45am | Fri

*Space is limited



PM Schedule

Aqua Bootcamp (Deep)

6pm-6:30pm | Mon

*Space is limited

Aqua Fit (Shallow)

5:30pm-6:15pm | Tues & Thurs



**NO WEEKEND CLASSES
WILL BE OFFERED.**

**For all questions, please
contact:**

Kate Schmalshof

Director of Healthy Living

kate.schmalshof@peoriaymca.org

309-692-7631



New to aquatic exercise? Not sure which class to choose?

Dive into our class descriptions to find the perfect fit for your fitness level and goals. Whether you're looking to build strength, improve mobility, or just have fun in the water, there's something here for everyone. **Space is limited in several classes, so those will be filled on a first come first serve basis.** You'll not only enjoy a great workout—you'll also make some amazing new friends along the way!



Aqua Group Fitness Class Descriptions

Aqua Bootcamp (Shallow):

A low-impact, full-body workout in the shallow end using a mix of pool equipment and functional movements. You'll run, jump, and power through a variety of exercises designed to keep you moving. Some exercises may take place on the pool deck.

Aqua Bootcamp (Deep):

Get ready for a high-energy, full-body workout without the impact! This deep end class uses aqua dumbbells, flotation belts, and a variety of other aquatic fitness equipment to build strength, endurance and core stability. Participants must be comfortable in deep water and confident in their swimming abilities. Some exercises may take place on the pool deck.

Aqua Fit (Shallow):

A low-impact, energizing workout in the shallow end that combines cardio and movement using pool accessories. Set to upbeat music, this class is easy on joints and no swimming skills are needed. Perfect for all fitness levels.

Aqua Fit (Deep):

A low-impact, full-body workout in the deep-water using flotation belts. It boosts cardio, endurance, and core fitness while being easy on the joints.

Aqua Tabata:

A high-intensity water workout using the Tabata format: 20 seconds of effort, ten seconds rest, repeated multiple times. IT combines cardio and strength with low-impact on joints.

Aqua Walk (Shallow):

This low-impact class uses walking, jogging, and other movements in the shallow end to improve overall fitness. Participants move throughout the shallow end of the pool and use a variety of accessories to keep the workout engaging. Suitable for all fitness levels.

Aqua Walk (Deep):

This deep-end class uses a floatation belt to keep you upright as you walk through the water with a variety of movements that engage your core. This no-impact, full-body workout that's easy on joints. Participants must be comfortable in deep water. Suitable for all fitness levels.