



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AUGUST 2025 WATER EXERCISE CLASS SCHEDULE

CARLISLE FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-8:50am Wet 'N Wild		8-8:50am Wet 'N Wild		8-8:50am Wet 'N Wild		
9-9:50am Wet 'N Wild	9-9:50am Strive to Thrive	9-9:50am Wet 'N Wild	9-9:50am Strive to Thrive (only Aug 7, 14)	9-9:50am Wet 'N Wild		
11am-12pm Low Impact		11am-12pm Low Impact		11am-12pm Low Impact		
	7-8pm Deep Water	7:30-8:15pm LaBlast Splash	7-8pm Deep Water			

Wet 'N Wild - High energy class for total body conditioning! Primarily uses shallow water.

Low Impact Water Ex - This class will help you gain range of motion in your joints as well as build strength in all major muscle groups. Some cardiovascular conditioning included.

LaBlast Splash - Ballroom dance in the water. Enjoy the same fun you experience in the land version of this class, but specifically adapted for the water. This format is a fun and safe way to experience even the most physical dances (i.e., lindy hop, waltz and quickstep) without the soreness! This class will use all musical genres, and no experience is necessary.

Deep Water Ex - High energy class for total body conditioning! Primarily uses deep water.

Strive to Thrive - No matter your present physical skill level, you can STRIVE for better flexibility and overall health in the water! This class offers aerobics to improve breathing and heart rates, hand buoys to strengthen arm/shoulder muscles and deep-water activities to tone leg muscles and tighten abdominals. Isn't it time for you to THRIVE?

Aqua Kickboxing - Pack an extra punch by taking Kickboxing into the water! High intensity cardio with warm up and cool down. Join us to learn a new favorite form of exercise or enjoy your kickboxing skills with a new resistance in the water.

WATER EXERCISE CLASSES ARE FOR AGES 13 AND UP.

CARLISLE FAMILY YMCA

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