

Class Descriptions (for a full listing of all class descriptions please visit our website www.quincymca.net)

Aquatic Classes: Often times our joints won't allow us to do the higher impact classes held in an aerobics room. That is why here at the Quincy Family YMCA we offer both land and water classes to allow for a more gentle workout. Please check the aquatics schedule located online or the YMCA, for times.

Aqua Aerobics - A high intensity, low impact workout that allows you to stay cool while you improve your strength, muscle tone, flexibility and cardiovascular system. You can work at your own pace to get a total body workout

Aqua Jog - Conducted in the deeper part of the pool, Aqua Jog has all the cardiovascular exercise and stretching you need with no impact to your joints. Aqua jog incorporates exercises that also strengthen your abdominals and a flotation belt is worn that is made especially for this class. Participants must be comfortable in the deep water as the entirety of the class is held in the deep end. Both morning and evening classes are available.

Dick's Dolphins - This class allows you to become more comfortable in the water at any age. By taking Dick's Dolphins, you can improve your current strokes, make new friends and learn new skills. Prior swimming skills are required for this class and you progress at your own rate.

Hydrotone - This water exercise class will tone your muscles, increase your cardiovascular strength and improve your attitude towards exercise. Taking place in the shallow end, these low impact exercises allow you to increase your flexibility and improve your cardiovascular fitness without the stress on your joints.

little to no equipment. Pushing you to challenge yourself with the resistance of the water and your own body weight allowing you to move organically.

*level - beginner to intermediate - shallow end class - use of noodle/buoys to no equipment

Paddleboard Boot Camp- This class is a specialty that is taught on stand up paddleboards with an overall focus on balance, strength, and stability. Beth's class main focus will be a high intensity, full body workout focusing on strength, balance and stability.