

WATER AEROBICS SCHEDULE- BOTH POOLS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45-9:30 Morning Challenge Deep Water Valerie (WP)	8:45-9:30 Morning Challenge Shallow Chris (WP)	8:45-9:30 Morning Challenge Shallow Valerie (WP)	8:45-9:30 Morning Challenge Shallow Lori (WP)	8:45-9:30 Abs and Back with Noodle Valerie (WP)	8:30-11:45 WELLNESS POOL CLOSED For swim lessons
10:00-11:00 Deep Water Aerobics Susan (EP)	10:15-10:55 Arthritis 1 Chris (WP)	10:00-11:00 Deep Water Aerobics Susan (EP)	10:00-11:00 Hydro-F.I.R.E.! Angela (EP)	10:00-11:00 Deep Water Aerobics Susan (EP)	
11:00-11:50 Shallow Water Aerobics Nancy (WP)	11-11:45 Arthritis 2 Peggy (WP)	11:00-11:50 Shallow Water Aerobics Nancy (WP)	10:15-10:55 Arthritis 1 Chris (WP)	11:00-11:50 Shallow Water Aerobics Nancy (WP)	11:45-12:30 pm Arthritis 1 & 2 Chris (WP)
12-12:45 Aqua Zumba Deb (WP)			11-11:45 Arthritis 2 Peggy (WP)		
12-3 PM EXERCISE ON YOUR OWN	12-3 PM EXERCISE ON YOUR OWN	12-3 PM EXERCISE ON YOUR OWN	12-3 PM EXERCISE ON YOUR OWN	12-3 PM EXERCISE ON YOUR OWN	
3-4 PM POOLS CLOSED FOR CLEANING	3-4 PM POOLS CLOSED FOR CLEANING	3-4 PM POOLS CLOSED FOR CLEANING	3-4 PM POOLS CLOSED FOR CLEANING	3-4 PM POOLS CLOSED FOR CLEANING	See additional sheet for class descriptions
4:30-7:30 WELLNESS POOL CLOSED For Swim Lessons		4:30-7:30 WELLNESS POOL CLOSED For Swim Lessons		Second Fridays 6:30-8:00 pm	*****
7:00-7:45 Deep Water Aerobics Maryellen (WP)		7:00-7:45 Deep Water Aerobics Maryellen (WP)		Family Fun Night and Parents Night Out	WP=Wellness Pool EP= Exercise Pool ***
7:30-8:20 Shallow Water Aerobics Valerie (WP)		7:30-8:15 Aqua Zumba Deb (WP)			

Classes are included in membership and open on an ongoing basis. Join us at any time! For nonmembers, the class drop in fee is \$10.

Questions? Contact: Valerie Wiss Senior Aquatics Coordinator, vwiss@family-ymca.org OR by phone at (540) 371-9622 ex. 1019