



We build strong kids, strong families, strong communities.

**WATER FITNESS SCHEDULE Winter 2008**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:30 – 9:25a.m. <b>Water Aerobics</b> Lap Pool Kim
9:30 – 10:25 a.m. <b>Water Aerobics</b> Lap Pool Erin	9:30 – 10:25 a.m. <b>Deep Water Workout</b> Lap Pool Michelle	9:30 – 10:25 a.m. <b>Water Aerobics</b> Lap Pool Erin	9:30 – 10:25 a.m. <b>Aqua Kickboxing</b> Lap Pool Kim	9:30 – 10:25 a.m. <b>Water Aerobics</b> Lap Pool Heather	
10:30 – 11:25 a.m. <b>Aqua Combo</b> Lap Pool Erin	10:00 – 10:45 a.m. <b>Arthritis **</b> Valerie 0412arthri03	<b>New</b> 10:30-11:15 Aqua PI Yo Chi Therapy Erin	10:00 – 10:55 a.m. <b>Deep Water Workout</b> Lap Pool Valerie	10:30 – 11:25 a.m. <b>Aqua Combo</b> Lap Pool Heather	
	11:00 – 11:45 p.m. <b>Forever Fit</b> Lap Pool Valerie		11:00 – 11:45 p.m. <b>Forever Fit</b> Lap Pool Valerie		
12:15 – 1:00 p.m. <b>Arthritis **</b> Erin 0412arthri01			12:15 – 1:00 p.m. <b>Arthritis **</b> Erin 0412arthri03		<b>Key</b> Class time Class Pool Instructor Class code  <b>** You must register at the YMCA Member Service Desk for all Arthritis classes.</b>
	4:00 – 4:45 p.m. <b>Water Aerobics</b> Lap Pool Heather	<b>New</b> 5:15-5:45 <b>Teen Jam</b> Therapy Erin	4:00 – 4:45 p.m. <b>Water Aerobics</b> Lap Pool Amy		
6:00 – 6:55 p.m. <b>Aqua Combo</b> Lap Pool Heather	6:00 – 6:45 p.m. <b>Arthritis **</b> Erin 0412arthri03	6:00 – 6:55 p.m. <b>Water Aerobics</b> Lap Pool Erin			
	7:30 – 8:25 p.m. <b>Aqua Kickboxing</b> Lap Pool Kim		7:30 – 8:25 p.m. <b>Water Aerobics</b> Lap Pool Amanda		

*Keep checking for updated water fitness schedules. New classes coming soon.*