

Aquatic Group Exercise Schedule

June through August 2010

Monday	Tuesday
8:00 AM - 8:45 AM Water Wake - Up (Pool #1)	8:00 AM - 8:45 AM Water Wake - Up (Pool #1)
8:45 AM - 9:45 AM Water Power Hour (Pool #1)	8:45 AM - 9:30 AM BAT (Pool # 2)
8:45 AM - 9:30 AM ABC (Pool #2)	9:45 AM - 10:30 AM Joint Effort (Pool #2)
9:45 AM - 10:30 AM Joints in Motion (Pool #2)	1:15 PM - 2:15 PM Fibromyalgia (Pool #2)
7:30 PM - 8:15 PM Aqua Flex and Tone (Pool #2)	
Wednesday	Thursday
8:00 AM - 8:45 AM Water Wake - Up (Pool #1)	8:00 AM - 8:45 AM Water Wake - Up (Pool #1)
8:45 AM - 9:45 AM Water Power Hour (Pool #1)	8:45 AM - 9:30 AM BAT (Pool # 2)
8:45 AM - 9:30 AM ABC (Pool #2)	9:45 AM - 10:30 AM Joint Effort (Pool #2)
9:45 AM - 10:30 AM Joints in Motion (Pool #2)	1:15 PM - 2:15 PM Fibromyalgia (Pool #2)
7:30 PM - 8:15 PM Aqua Flex and Tone (Pool #2)	6:30 PM - 7:15 PM Instructors Choice (Pool #2)
Friday	
8:00 AM - 8:45 AM Water Wake - Up (Pool #1)	
8:45 AM - 9:30 AM ABC (Pool #2)	
9:45 AM - 10:30 AM Water Boogie (Pool #2)	

Pool # 1 - Cooler Water
Pool # 2 - Warm Water



YMCA

We build strong kids,
strong families, strong communities.