

# EAST AREA FAMILY YMCA WATER FITNESS SCHEDULE January 2<sup>nd</sup> – March 3<sup>rd</sup>



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:15	Aqua Blast Lap Pool Anne	Aqua Zumba Lap Pool Sandy Jo	Aqua Blast Lap Pool Anne	Aqua Blast Lap Pool Grace	Aqua Zumba Lap Pool Sandy Jo	Aqua Blast Lap Pool Jenny	No Arthritis and Joint Action classes - 2/25-3/1
9:30-10:15	Aqua Blast Lap Pool Sandy K	Deep/Shallow Lap Pool Michele	Deep Cardio Lap Pool Rebecca	Deep/Shallow Lap Pool Michele	Aqua Blast Lap Pool Rebecca		
10:00 - 10:45	<b>Joint Action</b> Therapy Pool Anne	<b>Joint Action</b> Therapy Pool Grace	<b>Arthritis</b> Therapy Pool Anne	<b>Joint Action</b> Therapy Pool Grace	<b>Aqua PiYoChi</b> Therapy Pool Suzanne	<b>Water Fitness Guidelines</b> <b>Red Classes</b> require you to sign up at the Front Desk before class. All Water Fitness Classes are 45 minutes long	
10:30 - 11:15	Deep/Shallow Fusion Lap Pool Sandy K	<b>Golden Fit</b> Lap Pool Pam		Aqua Zumba Lap Pool <b>NEW!</b> Kellie			
11:00 - 11:45	<b>Arthritis</b> Therapy Pool Anne	<b>Arthritis</b> Therapy Pool Grace	<b>Joint Action</b> Therapy Pool Anne	<b>Arthritis</b> (11:15-12:00) Therapy Pool Maggie	<b>Arthritis</b> Therapy Pool Margaret		
12:00 - 12:45	<b>Aqua Yoga</b> Therapy Pool Margaret	<b>Aqua PiYoChi</b> Therapy Pool Margaret	<b>Advanced Aqua Pi Yo Chi</b> Therapy Pool Suzanne	<b>Aqua Pi Yo Chi</b> (12:05-12:50) Therapy Pool Maggie	<b>Aqua Pi Yo Chi</b> Therapy Pool Margaret		
4:00-4:45		Aqua Blast Lap Pool Anne		Aqua Blast Lap Pool Anne			
4:30-5:15							<b>Aqua PiYoChi</b> Therapy Pool Margaret/ Pam
6:00-6:45		<b>Joint Action</b> Therapy Pool Anne	<b>Aqua Blast</b> Lap Pool <b>NEW!</b> Anne/Janet	<b>Arthritis</b> Therapy Pool Anne			