



WATER FITNESS SCHEDULE

North Area Family YMCA

Liverpool, NY

JANUARY

Monday	Class	Intensity	Length	Instructor
8:00am	Aqua Arthritis (S)	Low	60min	Marty
9:00am	Aqua Power (S)	Med/High	60min	Mary
9:00am	Deep Waves (D)	Med/High	60min	Marty
10:00am	Aqua Yoga (S)	Low	60min	Mary
11:00am	Stretch & Tone (S)	Med	60min	Marty
7:15pm	Aqua Cardio Core (D)	Med/High	60min	MaryEllen
Tuesday	Class	Intensity	Length	
8:00am	Stretch & Tone (S)	Low	45min	Marty
9:00am	Deep Water Mashup (D)	Med/High	60min	MaryEllen
9:00am	Aqua Fit (S)	Med	60min	Mary
11:00am	Aqua Power (S)	Med	60min	Dani
7:15pm	Aqua Cardio Core (D)	Med/High	60min	MaryEllen
Wednesday	Class	Intensity	Length	
8:00am	Aqua Arthritis (S)	Low	60min	Donna
9:00am	Stretch & Tone (S)	Med	60min	Marty
9:00am	Deep Waves (D)	Med/High	60min	Mary
10:00am	Aqua Power (S)	Med/High	60min	Mary
11:00am	Silver Splash (S)	Low/Med	60min	Marty
11:00am	Hydro Running (D)	Med/High	60min	Y Run Staff
Thursday	Class	Intensity	Length	
8:00am	Aqua Arthritis (S)	Low	60min	Mary
9:00am	Deep Water Dynamics (D)	Med/High	60min	Dawn
9:00am	Aqua Power (S)	Med	60min	Mary
10:00am	Hydro Running (D)	Med/High	60min	Marty
11:00am	Silver Splash & Noodles (S)	Low/Med	60min	Mary
Friday	Class	Intensity	Length	
8:00am	Aqua Arthritis (S)	Low	60min	Donna
9:00am	Deep Waves (D)	Med/High	60min	Donna
10:00am	Y Run/Hydro Running (D)	Med/High	60min	Y Run Staff
11:00am	Aqua Dance Party (S)	Med	45min	Mary/Dawn
5:30pm	Aqua Cardio Bursts (D)	Med/High	60min	Sandy
Saturday	Class	Intensity	Length	
8:00am	Aqua Cardio Core (D)	Med/High	60min	MaryEllen
(S) = Shallow End				
(D) = Deep End				

The Y will be open from 9 am- 5 pm on New Year's Day. The 9 am deep water class is the only class that will be offered on

New Year's Day Tuesday January 1.