



## WATER FITNESS SCHEDULE

Northwest Family YMCA  
Baldwinsville, NY

# January

| Monday    | Class                      | Intensity | Length | Instructor | Pool           |
|-----------|----------------------------|-----------|--------|------------|----------------|
| 7:30am    | Current Chaos* 35 max      | Med       | 45 min | Gina       | Lazy River     |
| 8:15am    | Aqua Cardio Bootcamp       | Med/High  | 45 min | Gina       | Lap Pool (S)   |
| 9:00am    | Aqua Flex                  | Low       | 60 min | Lisa       | Therapy Pool   |
| 10:15am   | Aqua Arthritis             | Low       | 60 min | Lisa       | Therapy Pool   |
| 11:30am   | Aqua Fit                   | Med       | 45 min | Mary       | Therapy Pool   |
| 12:15pm   | Lazy River Walking* 35 max | Med       | 60 min | Tia/Lisa   | Lazy River     |
| 7:00pm    | Aqua Cardio Core           | Med/High  | 60 min | Rotating   | Lap Pool (D)   |
| Tuesday   | Class                      |           |        |            |                |
| 6:30am    | Hydro Running              | Med/High  | 60 min | Lisa       | Lap Pool (D)   |
| 7:45am    | Aqua Power                 | Med       | 60 min | Dawn       | Lap Pool (S)   |
| 8:45am    | Lazy River Walking* 35 max | Med       | 50 min | Dawn       | Lazy River     |
| 9:45am    | Shallow/Deep Combo         | Med/High  | 60 min | Tia        | Lap Pool (S/D) |
| 11:00am   | Aqua Brain Dance           | Med       | 45 min | Eileen     | Therapy Pool   |
| 1:00pm    | Aqua Yoga^                 | Low       | 60 min | Mary Beth  | Therapy Pool   |
| 6:00pm    | Aqua Cardio Core           | Med       | 60 min | Karen      | Lap Pool (D)   |
| 7:00pm    | Masters Swimming (2L)      | Med/High  | 60 min | Adam       | Lap Pool       |
| Wednesday | Class                      |           |        |            |                |
| 7:45am    | Shallow/Deep Combo         | Med       | 60 min | Dawn       | Lap Pool (S/D) |
| 9:00am    | Aqua Flex                  | Low       | 60 min | Lisa       | Therapy Pool   |
| 10:15am   | Aqua Arthritis             | Low       | 60 min | Lisa       | Therapy Pool   |
| 5:30pm    | Aqua Zumba                 | Med/High  | 60 min | Kinyorda   | Lap Pool (S)   |
| 6:30pm    | Lazy River Bootcamp*35 max | Med/High  | 60 min | Briant     | Lazy River     |
| Thursday  | Class                      |           |        |            |                |
| 6:30am    | Hydro Running              | Med/High  | 60 min | Lisa       | Lap Pool (D)   |
| 8:00am    | Aqua Fit                   | Med       | 60 min | Donna      | Therapy Pool   |
| 9:30am    | Strength & Intervals       | Med       | 45 min | Selena     | Lap Pool (S)   |
| 10:20am   | Aqua Cardio Bootcamp       | Med/High  | 45 min | Briant     | Lap Pool (S)   |
| 11:30am   | Aqua Yoga^                 | Low       | 60 min | Kinyorda   | Therapy Pool   |
| 5:30pm    | Aqua Cardio Bootcamp       | Med/High  | 60 min | Tia        | Lap Pool (S)   |
| 7:00pm    | Masters Swimming (2L)      | Med/High  | 60 min | Adam       | Lap Pool (S)   |
| Friday    | Class                      |           |        |            |                |
| 7:30am    | Current Chaos* 35 max      | Med       | 45 min | Gina       | Lazy River     |
| 8:15am    | Aqua Cardio Bootcamp       | Med/High  | 45 min | Gina       | Lap Pool (S)   |
| 9:00am    | Aqua Flex                  | Low       | 60 min | Lisa       | Therapy Pool   |
| 10:15am   | Aqua Arthritis             | Low       | 60 min | Lisa       | Therapy Pool   |
| 11:20am   | Aqua Barre/Ai Chi^         | Med/Low   | 40 min | Tia        | Therapy Pool   |
| Saturday  | Class                      |           |        |            |                |
| 7:00am    | Masters Swimming (2L)      | Med/High  | 90 min | Jim        | Lap Pool (S)   |
| 11:00am   | Aqua Box (S)               | Med/High  | 60 min | Kinyorda   | Lap Pool (S)   |
| Sunday    | Class                      |           |        |            |                |
| 11:00am   | Lazy River Walking* 35 max | Med/High  | 60 min | Nancy      | Lazy River     |

^ The jets will be off during this class.

\*For the lazy river a ticket must be obtained from the instructor no more than 20 minutes before the start of class. You must have a ticket to take the class. Once all the tickets have been taken, the class is full. Please note children may be permitted in this class with an adult if they are able to navigate without assistance. If you are unsure, check in with a lifeguard or supervisor.