



# REGIONAL YMCA WATER EXERCISE SCHEDULE

**Next Session February 21 to April 15 2022**

**Main Pool - NO Classes Friday** \*\*subject to change without notice\*\*

**Classes in PURPLE are NEW Classes**

Monday	Tuesday	Wednesday	Thursday	Saturday
<b>Motion in the Water</b> 9-9:50am Sujata		<b>Motion in the Water</b> 9-9:50am Sujata		
<b>Deep Water Motion Advanced</b> 10-10:50am Sujata	<b>Deep &amp; Shallow</b> 9-9:50am Susi	<b>Non Impact Water Aerobics</b> 10-11am Aimee <b>Deep Water Motion Advanced</b> 10-10:50am Sujata	<b>Deep &amp; Shallow</b> 9-9:50am Susi	<b>Water Circuit w/ Hydro Rider</b> 9-9:50am Aimee
<b>Cardio &amp; Strength</b> 11-11:50am Randi	<b>Deep &amp; Shallow</b> 10-10:50am Susi	<b>Cardio &amp; Strength</b> 11-11:50am Randi	<b>Deep &amp; Shallow</b> 10-10:50am Susi	
<b>Power Workout</b> 6:00-6:50pm Cathi		<b>Power Workout</b> 6:00-6:50pm Cathi	<b>Water Circuit w/ Hydro Rider</b> 6-6:50pm Aimee	

**Therapy Pool** \*\*subject to change without notice\*\*

Monday	Tuesday	Wednesday	Thursday	Saturday
	<b>Work the Water</b> 11-11:50am Susi		<b>Work the Water</b> 11-11:45am Susi	
<b>Toning &amp; Flexibility</b> 10-10:50am Randi	<b>Water Yoga</b> 6-6:50pm Aimee	<b>Toning &amp; Flexibility</b> 10-10:50am Randi		

**Registration is required for all Water Aerobics Classes.**

Spaces are limited.

**\$20 Session Fee (7 weeks-14 classes)**