



REGIONAL YMCA POOL SCHEDULE June 27th through August 19th

Main Pool - NO Classes Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Deep Water Motion Advanced 10-10:50am Instructor: Sujata	Deep & Shallow 9-9:50am Instructor: Susi	Deep Water Motion Advanced 10-10:50 am Instructor: Sujata	Deep & Shallow 9-9:50am Instructor: Susi
Cardio & Strength 11-11:50am Instructor: Randi	Deep & Shallow 10-10:50am Instructor: Susi	Non-Impact Water Aerobics 10-11am Instructor: Aimee	Deep & Shallow 10-10:50am Instructor: Susi
NEW! Deep Water Outdoor Pool 12- 12:50pm Instructor: Susi		Cardio & Strength 11-11:50am Instructor: Randi	
Power Workout 6:00-6:50pm Instructor: Cathi		NEW! Deep Water Outdoor Pool 12- 12:50pm Instructor: Susi	
		Power Workout 6:00-6:50pm Instructor: Cathi	

subject to change without notice

Therapy Pool- NO Classes Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Motion in the Water 9-9:50am Instructor: Sujata	Work the Water 11-11:50am Instructor: Susi	Motion in the Water 9-9:50am Instructor: Sujata	Work the Water 11-11:45am Instructor: Susi
Toning & Flexibility 10-10:50am Instructor: Randi	Water Yoga 5:30-6:25 and 6:30 - 7:25pm Instructor: Aimee	Toning & Flexibility 10-10:50am Instructor: Randi	

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Registration is required for all Water Aerobics Classes.

Spaces are limited. \$20 per session