



**REGIONAL YMCA WATER
EXERCISE SCHEDULE**
Effective Jan 3, 2023

Main Pool - Registration is required for all Water Aerobics Classes.
\$20 Registration Fee- Spaces are Limited

Monday	Tuesday	Wednesday	Thursday
Deep & Shallow Intermediate 9-9:50am Sujata	Deep & Shallow 9-9:50am Susi	Deep & Shallow Intermediate 9-9:50am Sujata	Deep & Shallow 9-9:50am Susi
Deep Water Motion Advanced 10-10:50am Sujata	Deep & Shallow 10-10:50am Susi	Deep Water Motion Advanced 10-10:50am Sujata	Deep & Shallow 10-10:50am Susi
		Non-Impact Water Aerobics 10-11am Aimee	
Cardio & Strength 11-11:50am Randi		Cardio & Strength 11-11:50am Randi	
Deep & Shallow Water Main Pool 12 - 12:50pm Susi		Deep & Shallow Water Main Pool 12- 12:50pm Susi	
Water Workout 6:00 -6:50 Shirley	Power Workout 6:00-6:50pm Cathi	Water Workout 6:00 -6:50 Shirley	Power Workout 6:00-6:50pm Cathi

Therapy Pool **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday
Toning & Flexibility 10-10:50am Randi	Work the Water 11-11:50am Susi	Toning & Flexibility 10-10:50am Randi	Work the Water 11-11:45am Susi
Work the Water 11-11:50am Susi	Water Yoga 5:00-5:50pm Dan	Work the Water 11-11:50am Susi	
Work the Water 12-12:50 pm Sujata	Water Yoga 6:00-6:50 Dan	Work the Water 12-12:50 pm Sujata	