



REGIONAL YMCA WATER EXERCISE SCHEDULE
Effective February 20, 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	Water Yoga 10am to 10:50am Dan	Toning & Flexibility 10-10:50am Randi	Water Yoga 10am to 10:50am Dan
Work the Water 11-11:50am Susi	Work the Water 11-11:50am Susi	Work the Water 11-11:50am Susi	Work the Water 11-11:45am Susi
Work the Water 12-12:50 pm Sujata	Water Yoga 5:30pm -6:30pm Aimee	Work the Water 12-12:50 pm Sujata	