



REGIONAL YMCA WATER EXERCISE SCHEDULE

Effective June 19 – August 25th, 2023

Registration is required for all Water Aerobics Classes.

\$20 Registration Fee- Spaces are Limited. 7 Week Session

Main Pool

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 Dan		Non-Impact Water Aerobics 10-11am Aimee	
Cardio & Strength 11-11:50am Randi		Cardio & Strength 11-11:50am Randi	
Deep Water Motion Main Pool/Outdoor 12 - 12:50pm Susi		Deep Water Motion Main Pool/Outdoor 12- 12:50pm Susi	
	Power Workout 6:00-6:50pm Cathi		Power Workout 6:00-6:50pm Cathi

Therapy Pool

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
	Water Yoga 5:30pm -6:30pm Dan		