



REGIONAL YMCA WATER EXERCISE SCHEDULE
Effective September 5, 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 Advanced 9-9:50am Susi	Deep & Shallow Intermediate 9-9:50am Sujata	Deep & Shallow Advanced 9-9:50am Susi
Deep Water Motion Advanced 10-10:50am Sujata	Deep & Shallow Advanced 10-10:50am Susi	Deep Water Motion Advanced 10-10:50am Sujata	Deep & Shallow Advanced 10-10:50am Susi
		Non-Impact Water Aerobics 10-11am Aimee	
Cardio & Strength 11-11:50am Randi		Cardio & Strength 11-11:50am Randi	
Deep Water Movement Outdoor pool 12 - 12:50pm Susi		Deep Water Movement Outdoor 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 9am-9:50am Randi	Water Yoga 10am to 10:55am Dan	Toning & Flexibility 9am-9:50am Randi	Water Yoga 10am to 10:55 am Dan
Toning & Flexibility 10am-10:50am Randi	Work the Water 11am-11:50am Susi	Toning & Flexibility 10am-10:50am Randi	Work the Water 11am-11:50am Susi
Work the Water 11-11:50am Susi	Water Yoga 5:30pm-5:55pm Dan	Work the Water 11-11:50am Susi	