



REGIONAL YMCA WATER EXERCISE SCHEDULE
Effective October 23, 2023

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

Classes highlighted in yellow are open to Non- Members
\$60 Registration Fee for Non-Members.

Main Pool - **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday
Deep & Shallow Intermediate 9-9:50am Sujata	Deep & Shallow Advanced 9-9:50am Susie	Deep & Shallow Intermediate 9-9:50am Sujata	Deep & Shallow Advanced 9-9:50am Susie
Deep Water Motion Advanced 10-10:50am Sujata	Deep & Shallow Inter/Advanced 10-10:50am Susi	Deep Water Motion Advanced 10-10:50am Sujata	Deep & Shallow Inter/Advanced 10-10:50am Susie
		Non-Impact Water Aerobics 10-11am Aimee	
Cardio & Strength 11-11:50am Randi		Cardio & Strength 11-11:50am Randi	Sundays Only Paddle Board Yoga 10am -10:50am \$70 Mem \$140 Non
Deep Water Motion Main Pool 12 - 12:50pm Susie		Deep Water Motion Main Pool 12 - 12:50pm Susie	
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 Susie	Toning & Flexibility 10am-10:50am Randi	Work the Water 11am-11:50am Susie
Work the Water 11-11:50am Susie	Water Yoga 5:30pm-6:30pm Dan	Work the Water 11-11:50am Susie	