



REGIONAL YMCA WATER EXERCISE SCHEDULE

Effective January 3rd 2022

Main Pool - NO Classes Friday **subject to change without notice**

Classes in PURPLE are NEW Classes

Monday	Tuesday	Wednesday	Thursday	Saturday
Deep Water Motion Advanced 10-10:50am Sujata	Deep & Shallow 9-9:50am Susi	Non Impact Water Aerobics 10-11am Aimee Deep Water Motion Advanced 10-10:50am Sujata	Deep & Shallow 9-9:50am Susi	Water Circuit w/ Hydro Rider 9-9:50am Aimee
Cardio & Strength 11-11:50am Randi	Deep & Shallow 10-10:50am Susi	Cardio & Strength 11-11:50am Randi	Deep & Shallow 10-10:50am Susi	
Power Workout 6:00-6:50pm Cathi		Power Workout 6:00-6:50pm Cathi	Water Circuit w/ Hydro Rider 6-6:50pm Aimee	

Therapy Pool **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Saturday
Motion in the Water 9-9:50am Sujata	Work the Water 11-11:50am Susi	Motion in the Water 9-9:50am Sujata	Work the Water 11-11:45am Susi	
Toning & Flexibility 10-10:50am Randi	Water Yoga 6-6:50pm Aimee	Toning & Flexibility 10-10:50am Randi		

Registration is required for all Water Aerobics Classes.

Spaces are limited.

\$20 Session Fee (7 weeks-14 classes)