



SANDS FAMILY YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA CIRCUIT Exercise Pool	8:30AM-9:30AM (Water Fitness) <i>Cheryl A.</i>		8:30AM-9:30AM (Water Fitness) <i>Cheryl A.</i> 12:00PM-1:00PM (Water Fitness) <i>Pam W.</i>		8:30AM-9:30AM (Water Fitness) <i>Cheryl A.</i>		
AQUA BOOT CAMP Exercise Pool	9:45AM-10:45AM (Water Fitness) <i>Cheryl A.</i>		9:45AM-10:45AM (Water Fitness) <i>Cheryl A.</i>		9:45AM-10:45AM (Water Fitness) <i>Cheryl A.</i>		
AQUA IN MOTION Family Pool	12:00PM-1:00PM (Water Fitness) <i>Cheryl A.</i>	9:45AM-10:45AM (Water Fitness) <i>Patti F.</i>		9:45AM-10:45AM (Water Fitness) <i>Patti F.</i>			
AQUA FIT Family Pool		8:30AM-9:30AM (Water Fitness) <i>Patti F.</i>		8:30AM-9:30AM (Water Fitness) <i>Patti F.</i>			
AQUA ZUMBA Exercise Pool		6:30PM-7:30PM (Water Fitness) <i>Mary A.</i>				12:00PM-1:00PM (Water Fitness) <i>Mary A.</i>	



BAY VIEW FAMILY YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA FIT Indoor Pool	8:30AM-9:15AM (Water Fitness) <i>Linda L.</i>		8:30AM-9:15AM (Water Fitness) <i>Mary C.</i>		8:30AM-9:15AM (Water Fitness) <i>Elizabeth F.</i>		
AQUA IN MOTION Indoor Pool	10:20AM-11:05AM (Water Fitness) <i>Rachel M.</i> 12:30PM-1:15PM (Water Fitness) <i>Rachel M.</i>	10:20AM-11:05AM (Water Fitness) <i>Mary C.</i>	12:30PM-1:15PM (Water Fitness) <i>Rachel M.</i>	10:20AM-11:05AM (Water Fitness) <i>Mary C.</i>	10:20AM-11:05AM (Water Fitness) <i>Elizabeth F.</i> 12:30PM-1:15PM (Water Fitness) <i>Rachel M.</i>		
AQUA BOOT CAMP Indoor Pool		8:30AM-9:00AM (Water Fitness) <i>Mary C.</i>		8:30AM-9:00AM (Water Fitness) <i>Mary C.</i>		8:30AM-9:00AM (Water Fitness) <i>Andrea A.</i>	
SILVER SNEAKERS SPLASH Indoor Pool		11:15AM-12:00PM (Water Fitness) <i>Mary C.</i>		11:15AM-12:00PM (Water Fitness) <i>Mary C.</i>			
AQUA FLOW Indoor Pool			11:30AM-12:15PM (Water Fitness) <i>Mary C.</i>				



MAPLEWOOD FAMILY YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA FIT Pool	8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		
DEEP AQUA FIT Pool				9:00AM-9:45AM (Water Fitness) <i>Maribel T.</i>			
AQUA ZUMBA Pool				10:00AM-10:45AM (Water Fitness) <i>Maribel T.</i>			



SCHOTTLAND FAMILY YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA FIT Exercise Pool	8:35AM-9:20AM (Water Fitness) <i>Karen S.</i>	10:25AM-11:10AM (Water Fitness) <i>Jess C.</i>	8:35AM-9:20AM (Water Fitness) <i>Karen S.</i>	10:25AM-11:10AM (Water Fitness) <i>Jess C.</i>	8:35AM-9:20AM (Water Fitness) <i>Karen S.</i>		
SILVER SNEAKERS SPLASH Leisure Pool	9:30AM-10:15AM (Water Fitness) <i>Audrey T.</i>		9:30AM-10:15AM (Water Fitness) <i>Audrey T.</i>		12:15PM-1:00PM (Water Fitness) <i>Audrey T.</i>		



NORTHWEST FAMILY YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA FIT 25-Yard Pool	9:00AM-9:45AM (Water Fitness) <i>Diane R.</i>	8:00AM-8:45AM (Water Fitness) <i>Lou W.</i> 7:15PM-8:15PM (Water Fitness) <i>Judy A.</i>	9:00AM-9:45AM (Water Fitness) <i>Diane R.</i>	8:00AM-8:45AM (Water Fitness) <i>Lou W.</i> 7:15PM-8:15PM (Water Fitness) <i>Judy A.</i>	9:00AM-9:45AM (Water Fitness) <i>Jane M.</i>		
AQUA YOGA Warm Water Pool	10:00AM-11:00AM (Water Fitness) <i>Jane M.</i>		10:00AM-11:00AM (Water Fitness) <i>Jane M.</i>		10:00AM-11:00AM (Water Fitness) <i>Jane M.</i>		
AQUA IN MOTION Warm Water Pool		9:00AM-9:45AM (Water Fitness) <i>Lou W.</i>		9:00AM-9:45AM (Water Fitness) <i>Lou W.</i>			
AQUA FIT Warm Water Pool		2:00PM-3:00PM (Water Fitness) <i>Diane M.</i>		2:00PM-3:00PM (Water Fitness) <i>Diane M.</i>			



CORNING FAMILY YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA FIT Pool	9:20AM-10:20AM (Water Fitness) <i>Christy N.</i> 10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		9:20AM-10:20AM (Water Fitness) <i>Christy N.</i> 10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		9:20AM-10:20AM (Water Fitness) <i>Christy N.</i> 10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		
AQUA ZUMBA Pool		9:00AM-10:00AM (Water Fitness) YMCA S.			5:30PM-6:30PM (Water Fitness) YMCA S.		



EASTSIDE FAMILY YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA FIT Large Pool	9:30AM-10:15AM (Water Fitness) <i>Ron G.</i>	8:35AM-9:20AM (Water Fitness) <i>Char C.</i>	9:30AM-10:15AM (Water Fitness) <i>Ron G.</i>	8:35AM-9:20AM (Water Fitness) <i>Char C.</i> 9:30AM-10:15AM (Water Fitness) <i>Sam R.</i>			
AQUA IN MOTION Family Pool	10:15AM-11:00AM (Water Fitness) <i>Sam R.</i>				10:15AM-11:00AM (Water Fitness) <i>Sam R.</i>		
DEEP AQUA FIT Large Pool		9:30AM-10:15AM (Water Fitness) <i>Char C.</i>					
AQUA CIRCUIT Large Pool					9:30AM-10:15AM (Water Fitness) <i>Ron G.</i>		



WESTSIDE FAMILY YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA FIT Large Pool	10:30AM-11:15AM (Water Fitness) <i>Maribel T.</i>	10:00AM-10:45AM (Water Fitness) <i>Julian S.</i>		10:00AM-10:45AM (Water Fitness) <i>Julian S.</i>			
AQUA FLOW Large Pool	11:30AM-12:15PM (Water Fitness) <i>Maribel T.</i>				11:30AM-12:15PM (Water Fitness) <i>Maribel T.</i>		
AQUA ZUMBA Large Pool			10:30AM-11:15AM (Water Fitness) <i>Maribel T.</i>				
DEEP WATER AQUA FIT Large Pool				11:00AM-11:30AM (Water Fitness) <i>Julian S.</i>			