



NORTHWEST FAMILY YMCA | September 1st - September 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|--|---|--|----------|--------|
| AQUA FIT 25-Yard Pool | | 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 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> | | | |
| 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> | | |



BAY VIEW FAMILY YMCA | September 1st - September 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|---|--|--|--|--------|
| AQUA BOOT CAMP Indoor Pool | | 8:30AM-9:00AM (Water Fitness) <i>Mary C.</i> 5:00PM-5:30PM (Water Fitness) <i>Lisa M.</i> | | 8:30AM-9:00AM (Water Fitness) <i>Mary C.</i> | | 8:30AM-9:30AM (Water Fitness) <i>Andrea A.</i> | |
| AQUA IN MOTION Indoor Pool | | 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> | | |
| 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 FIT Indoor Pool | | | 8:30AM-9:15AM (Water Fitness) <i>Mary C.</i> | | 8:30AM-9:15AM (Water Fitness) <i>Elizabeth F.</i> | | |
| AQUA FLOW Indoor Pool | | | 11:30AM-12:15PM (Water Fitness) <i>Mary C.</i> | | | | |



SANDS FAMILY YMCA | September 1st - September 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|--|---|---|---|--------|
| 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 IN MOTION Family Pool | | 9:45AM-10:45AM (Water Fitness) <i>YMCA S.</i> | | 9:45AM-10:45AM (Water Fitness) <i>YMCA S.</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> | |
| AQUA CIRCUIT Exercise Pool | | | 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> | | |



EASTSIDE FAMILY YMCA | September 1st - September 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------|--------|--|--|--|--|----------|--------|
| AQUA FIT Large Pool | | 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 ZUMBA Large Pool | | 9:30AM-10:15AM (Water Fitness) <i>Alisa D.</i> | | | | | |
| AQUA CIRCUIT Large Pool | | | | | 9:30AM-10:15AM (Water Fitness) <i>Ron G.</i> | | |



MAPLEWOOD FAMILY YMCA | September 1st - September 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------|--------|--|---|---|---|---|--------|
| DEEP AQUA FIT Pool | | 10:00AM-10:45AM (Water Fitness) <i>Rachel M.</i> | | 9:00AM-9:45AM (Water Fitness) <i>Maribel T.</i> | | | |
| AQUA FIT Pool | | 4:00PM-4:45PM (Water Fitness) <i>Rachel M.</i> | 8:30AM-9:15AM (Water Fitness) <i>Ann S.</i> | | 8:30AM-9:15AM (Water Fitness) <i>Ann S.</i> | 9:30AM-10:15AM (Water Fitness) <i>YMCA S.</i> | |
| AQUA ZUMBA Pool | | | | 10:00AM-10:45AM (Water Fitness) <i>Maribel T.</i> | | | |



WESTSIDE FAMILY YMCA | September 1st - September 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|---|---|---|----------|--------|
| AQUA FIT Large Pool | | 10:00AM-10:45AM (Water Fitness) <i>Heather Y.</i> 6:00PM-6:45PM (Water Fitness) <i>Andrea K.</i> | | 10:00AM-10:45AM (Water Fitness) <i>Heather Y.</i> | | | |
| AQUA ZUMBA Large Pool | | | 10:30AM-11:15AM (Water Fitness) <i>Shelley H.</i> | 6:00PM-6:45PM (Water Fitness) <i>Shelley H.</i> | | | |
| DEEP WATER AQUA FIT Large Pool | | | | 11:00AM-11:30AM (Water Fitness) <i>Heather Y.</i> | | | |
| AQUA FLOW Large Pool | | | | | 11:30AM-12:15PM (Water Fitness) <i>Karin R.</i> | | |



SCHOTTLAND FAMILY YMCA | September 1st - September 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|---|--|---|----------|--------|
| AQUA FIT Exercise Pool | | 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> | | |



CORNING FAMILY YMCA | September 1st - September 7th

| | 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> | | 10:30AM-11:30AM (Water Fitness) <i>Christy N.</i> | | |