



SANDS FAMILY YMCA | May 12th - May 18th

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



## BAY VIEW FAMILY YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AQUA FIT</b> 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>		
<b>AQUA IN MOTION</b> 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>		
<b>AQUA BOOT CAMP</b> 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-9:00AM (Water Fitness) <i>Andrea A.</i>	
<b>SILVER SNEAKERS SPLASH</b> Indoor Pool		11:15AM-12:00PM (Water Fitness) <i>Mary C.</i>		11:15AM-12:00PM (Water Fitness) <i>Mary C.</i>			
<b>AQUA FLOW</b> Indoor Pool			11:30AM-12:15PM (Water Fitness) <i>Mary C.</i>				



MAPLEWOOD FAMILY YMCA | May 12th - May 18th

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



SCHOTTLAND FAMILY YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AQUA FIT</b> 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>		
<b>SILVER SNEAKERS SPLASH</b> 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 | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AQUA FIT</b> 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>		
<b>AQUA YOGA</b> 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>		
<b>AQUA IN MOTION</b> Warm Water Pool		9:00AM-9:45AM (Water Fitness) <i>Lou W.</i>		9:00AM-9:45AM (Water Fitness) <i>Lou W.</i>			
<b>AQUA FIT</b> Warm Water Pool		2:00PM-3:00PM (Water Fitness) <i>Diane M.</i>		2:00PM-3:00PM (Water Fitness) <i>Diane M.</i>			



EASTSIDE FAMILY YMCA | May 12th - May 18th

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



CORNING FAMILY YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA FIT Pool	10:30AM-11:30AM (Water Fitness) Christy N.		5:00PM-6:00PM (Water Fitness) Christy N.		10:30AM-11:30AM (Water Fitness) Christy N.		



**WESTSIDE FAMILY YMCA | May 12th - May 18th**

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