





WATER FITNESS SCHEDULE


ROSE E. SCHNEIDER FAMILY YMCA

TOM MURRAY FAMILY AQUATICS CENTER

Fall I Session: August 27, 2017– October 21, 2017

Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Aqua Boot Camp Heidi Lap Pool 7:00AM-8:00AM	S Squared Carole Lap Pool 7:00AM-8:00AM	Aqua Attack Heidi Lap Pool 7:00AM-8:00AM	Muscle Up! Carole Lap Pool 7:00AM-8:00AM	Triple Threat Heidi Lap Pool 7:00AM-8:00AM	
8:00AM	Hydro Mix Carole Lap Pool 8:00AM-9:00AM	Pure Cardio Carole Lap Pool 8:00AM-9:00AM	HIIT Circuit Karin Lap Pool 8:00AM-9:00AM	Torch & Tone Carole Lap Pool 8:00AM-9:00AM	Total Aqua Body Karin Lap Pool 8:00AM-9:00AM	
9:00AM	Core & More Carole Warm Water Pool 9:00AM-10:00AM	Aqua Circuit Carole Warm Water Pool 9:00AM-10:00AM	Aquabata Karin Warm Water Pool 9:00AM-10:00AM	20/20/20 Carole Warm Water Pool 9:00AM-10:00AM	Cardio Burn & Tone Karin Warm Water Pool 9:00AM-10:00AM	
10:00AM	 Meri Warm Water Pool 10:00AM-11:00AM	Aqua Arthritis Carole Warm Water Pool 10:00AM-11:00AM	 Meri Warm Water Pool 10:00AM-11:00AM	Aqua Arthritis Carole Warm Water Pool 10:00AM-11:00AM	Ready, Set Friday!!! Karin Warm Water Pool 10:00AM-11:00AM	
11:00AM	Aqua Toning Meri Warm Water Pool 11:00AM -12:00PM		Aqua Toning Meri Warm Water Pool 11:00AM -12:00PM		 Meri Warm Water Pool 11:00AM -12:00PM	

Check Times	Instructors Choice Karin Warm Water Pool 7:30PM -8:30PM		 Danielle Warm Water Pool 7:30PM -8:30PM		Aqua Toning Meri Warm Water Pool 12:00pm-1:00pm	 Danielle Warm Water Pool 1:00PM-2:00PM
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SUNDAY 10:00AM-11:00AM	 Danielle Warm Water Pool
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AQUATICS COORDINATOR: Michelle Gonzalez mgonzalez@bcfymca.org

WATER FITNESS INSTRUCTORS: Alicia Bercury, Heidi Brandon,

Danielle Duchame-Ward, Sherri Frontino, Meri Legendre, Carole Sudar,
Karin Summers

Ages 14 and up are welcome!

- Schedule is subject to change.
- Water Fitness classes can be strenuous.
- Please bring water and avoid eating up to 30 minutes before taking a class.
- Consult with your physician before participating.
- Participation indicates you have no physical condition or health problems.