





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# RECIPE FOR FITNESS: JUST ADD WATER


## Water Fitness Schedule

Fall I Session: Sept. 2, 2018 – Oct. 27, 2018

ROSE E. SCHNEIDER FAMILY YMCA TOM MURRAY FAMILY AQUATICS CENTER

Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	<b>Aqua Boot Camp</b> Heidi Lap Pool 7:00AM-8:00AM	<b>Strength &amp; Stamina</b> Carole Warm Water Pool 7:00AM-8:00AM	<b>Aqua Attack</b> Heidi Lap Pool 7:00AM-8:00AM	<b>Muscle Up!</b> Carole Warm Water Pool 7:00AM-8:00AM	<b>Triple Threat</b> Heidi Lap Pool 7:00AM-8:00AM	
8:00AM	<b>Triple Threat</b> Carole Lap Pool 8:00AM-9:00AM	<b>Cardio Intervals</b> Carole Lap Pool 8:00AM-9:00AM	<b>HIIT Circuit</b> Karin Lap Pool 8:00AM-9:00AM	<b>Buoys &amp; Bands</b> Carole Lap Pool 8:00AM-9:00AM	<b>Total Aqua Body</b> Karin Lap Pool 8:00AM-9:00AM	
9:00AM	<b>Core Challenge</b> Carole Warm Water Pool 9:00AM-10:00AM	<b>Aqua Power</b> Carole Warm Water Pool 9:00AM-10:00AM	<b>Aquabata</b> Karin Warm Water Pool 9:00AM-10:00AM	<b>Aqua Circuit</b> Carole Warm Water Pool 9:00AM-10:00AM	<b>Cardio Burn &amp; Tone</b> Karin Warm Water Pool 9:00AM-10:00AM	
10:00AM	<b>Aqua 1,2,3 Systems</b> Karin Warm Water Pool 10:00AM – 11:00AM	<b>Aqua Arthritis</b> Carole Warm Water Pool 10:00AM-11:00AM	<b>Flexious Flow</b> Karin Warm Water Pool 10:00AM - 11:00AM	<b>Aqua Arthritis</b> Carole Warm Water Pool 10:00AM-11:00AM	<b>Ready, Set Friday!!!</b> Karin Warm Water Pool 10:00AM-11:00AM	
11:00AM		 Sherri Warm Water Pool 11:00AM-12:00PM	 Alicia Warm Water Pool 11:00AM-12:00PM			

<b>Check Times</b>	<b>Cardio Burn &amp; Tone</b> Karin Warm Water Pool 7:30PM -8:30PM		 Danielle Warm Water Pool 7:30PM -8:30PM			 Danielle Warm Water Pool 1:00PM-2:00PM
--------------------	-----------------------------------------------------------------------------	--	--------------------------------------------------------------------------------------------------------------------------------------	--	--	---------------------------------------------------------------------------------------------------------------------------------------

<b>SUNDAY</b>	 Danielle Warm Water Pool 10:00AM-11:00AM
---------------	----------------------------------------------------------------------------------------------------------------------------------------

AQUATICS COORDINATOR: Michelle Gonzalez [mgonzalez@bcfymca.org](mailto:mgonzalez@bcfymca.org)  
 SENIOR PROGRAM DIRECTOR: Karen Guise [kguise@bcfymca.org](mailto:kguise@bcfymca.org)  
 WATER FITNESS INSTRUCTORS: Alicia Bercury, Heidi Brandon, Danielle Duchame-Ward,  
 Sherri Frontino, 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.