



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RECIPE FOR FITNESS: JUST ADD WATER

## Water Fitness Schedule Session 7: August 28-October 1, 2022 TOM MURRAY FAMILY AQUATICS CENTER

Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:35AM					<b>Power Up</b> Kathy Warm Water Pool 5:35AM-6:15AM	
7:00AM	<b>Not Quite The Masters Ladder Class</b> Heidi Lap Pool 7:00AM-8:00AM		<b>Middle Distance Workout</b> Heidi Lap Pool 7:00AM-8:00AM		<b>Short Distance Interval Training</b> Heidi Lap Pool 7:00AM-8:00AM	
8:00AM	<b>Warm Water Weights</b> Heidi Warm Water Pool 8:00AM-9:00AM	<b>Cardio Intervals</b> Sarah Lap Pool 8:00AM-9:00AM	<b>Warm Water Weights</b> Heidi Warm Water Pool 8:00AM-9:00AM	<b>Aqua Boot Camp</b> Kathy H. Lap Pool 8:00AM-9:00AM	<b>Total Aqua Body</b> Karin Lap/Warm Water Pool 8:00AM-9:00AM	
9:00AM	<b>Core Challenge</b> Heidi Warm Water Pool 9:00AM-10:00AM	<b>Aqua Power</b> Sarah Warm Water Pool 9:00AM-10:00AM	<b>Aquabata</b> Karin Lap/Warm Water Pool 9:00AM-10:00AM	<b>Aqua Barre</b> Kathy H. Warm Water Pool 9:00AM-10:00AM	<b>Cardio Burn &amp; Tone</b> Karin Warm Water Pool 9:00AM-10:00AM	 Danielle Warm Water Pool 9:00AM-9:45AM
10:00AM	<b>Aqua 1,2,3 Systems</b> Karin Warm Water Pool 10:00AM-11:00AM	<b>Arthritis Aquatic Basics</b> Sarah Warm Water Pool 10:00AM-11:00AM	<b>Aqua Burst</b> Karin Warm Water Pool 10:00AM-11:00AM	 Dana M. Warm Water Pool 10:00AM-11:00AM	<b>Arthritis Aquatic Basics</b> Karin Warm Water Pool 10:00AM-11:00AM	 Danielle Warm Water Pool 10:00AM-10:45AM
11:00AM	<b>Power Up</b> Karin Warm Water Pool 11:00AM-12:00PM					
<b>Check Times</b>						
<b>Check Times</b>	 Danielle Warm Water Pool 6:45PM - 7:45PM		 LeeAnn/Dana M. Warm Water Pool 6:45PM-7:45PM			
<b>SUNDAY</b>			 Danielle Warm Water Pool 10:00AM-11:00AM			

**HEALTHY LIVING DIRECTOR:**

Kathy Hensler | khensler@bcfymca.org

**WATER FITNESS INSTRUCTORS:**

Heidi Brandon, Danielle Duchame-Ward, Lee Ann Duda-Cimperman, Dana Mikula, Sarah Schneider, Karin Summers

- Ages 14 and up are welcome!
- Schedule is subject to change.
- Water Fitness classes can be strenuous. Consult with your physician before participating.
- Please bring water and avoid eating up to 30 minutes before taking a class.
- Participation indicates you have no physical condition or health problems.