

EAST AREA FAMILY YMCA WATER FITNESS SCHEDULE February 26th – April 22nd



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:15	Aqua Blast Lap Pool Anne	Aqua Zumba Lap Pool Sandy Jo	Aqua Blast Lap Pool Anne	Aqua Blast Lap Pool Grace	Aqua Zumba Lap Pool Sandy Jo	Aqua Blast Lap Pool Jenny	No Arthritis & Joint Action
9:30-10:15	Aqua Blast Lap Pool Sandy K	Deep/Shallow Lap Pool Michele	Aqua Blast Lap Pool Sandy K.	Deep/Shallow Lap Pool Michele	Aqua Blast Lap Pool Rebecca		Classes 4/16-4/20
10:00-10:45	Joint Action Therapy Pool Anne	Joint Action Therapy Pool Grace	Arthritis Therapy Pool Anne	Joint Action Therapy Pool Grace	Aqua PiYoChi Therapy Pool Staff		
10:30-11:15	Deep/Shallow Fusion Lap Pool Sandy K	Golden Fit Lap Pool Anne		Golden Fit Lap Pool Anne		<div style="border: 2px solid black; border-radius: 20px; padding: 10px; background-color: black; color: white;"> <p>Water Fitness Guidelines</p> <p>Red Classes require you to sign up at the Front Desk before class.</p> <p>All Water Fitness Classes are 45 minutes long</p> </div>	
11:00-11:45	Arthritis Therapy Pool Anne	Arthritis Therapy Pool Grace	Joint Action Therapy Pool Anne	Arthritis (11:15-12:00) Therapy Pool Pam	Arthritis Therapy Pool Pam		
12:00-12:45	Aqua Yoga Therapy Pool Margaret	Aqua PiYoChi Therapy Pool Margaret	Advanced Aqua Pi Yo Chi Therapy Pool Staff	Aqua Pi Yo Chi (12:05-12:50) Therapy Pool Pam	Aqua Pi Yo Chi Therapy Pool Margaret		
2:00-2:45	Aqua Pi Yo Chi Therapy Pool Staff						
4:00-4:45		Aqua Blast Lap Pool Anne		Aqua Blast Lap Pool Anne			
4:30-5:15							Aqua Pi Yo Chi Therapy Pool Margaret
6:00-6:45		Joint Action Therapy Pool Anne	Aqua Zumba Lap Pool Kellie	Arthritis Therapy Pool Anne			