

WATER FITNESS SCHEDULE NORTHWEST FAMILY YMCA

Summer June 24th - August 31st

Monday	Class	Intensity	Length	Instructor	Pool
7:30am	Current Chaos* (35 max)	Med	45 min	Gina	Lazy River
8:15am	Aqua Cardio Bootcamp	Med/High	45 min	Gina	Lap Pool (S)
9:00am	Aqua Flex	Low	60 min	Lisa	Therapy Pool
10:15am	Aqua Arthritis	Low	60 min	Lisa	Therapy Pool
11:30am	Aqua Fit	Med	45 min	Mary	Therapy Pool
12:15pm	Lazy River Walking* (35 max)	Med	60 min	Selena	Lazy River
Tuesday Class					
6:30am	Hydro Running (no class 8/14)	Med/High	60 min	Lisa	Lap Pool (D)
8:45am	Lazy River Walking* (35 max)	Med	50 min	Tia	Lazy River
9:45am	Aqua Barre-new time! (no class 7/31)	Med	30 min	Kinyorda	Therapy Pool
10:15am	Ai Chi -new time! (no class 7/31)	Low	30 min	Tia	Therapy Pool
12:30pm	Shallow/Deep Combo - new time! (no class 7/31)	Med/High	30 min	Tia	Lap Pool
6:00pm	Deep Water Mashup	Med/High	60 min	Karen	Lap Pool (D)
7:00pm	Masters Swimming (2L)	Med/High	60 min	Adam	Lap Pool
Wednesday Class					
9:00am	Aqua Flex	Low	60 min	Lisa	Therapy Pool
10:15am	Aqua Arthritis	Low	60 min	Lisa	Therapy Pool
11:30am	Aqua Dance Party	Med	45 min	Kinyorda	Therapy Pool
5:30pm	Aqua Zumba (ends 8/14)	Med/High	60 min	Kinyorda	Lap Pool (S)
6:30pm	Lazy River Bootcamp* (35 max)	Med/High	60 min	Briant	Lazy River
Thursday Class					
6:30am	Hydro Running (no class 8/16)	Med/High	60 min	Lisa	Lap Pool (D)
8:00am	Aqua Fit (class 7/5)	Med	60 min	Donna	Therapy Pool
9:30am	Strength & Intervals	Med	45 min	Selena	Lap Pool (S)
10:20am	Aqua Cardio Bootcamp	Med/High	45 min	Briant	Lap Pool (S)
11:30am	Aqua Yoga^	Low	60 min	Kinyorda	Therapy Pool
5:30pm	Aqua Cardio Bootcamp	Med/High	60 min	Briant	Lap Pool (S)
7:00pm	Masters Swimming (2L)	Med/High	60 min	Adam	Lap Pool (S)
Friday Class					
7:45am	Current Chaos* (35 max)	Med	45 min	Gina	Lazy River
9:00am	Aqua Flex	Low	60 min	Lisa	Therapy Pool
10:15am	Aqua Arthritis	Low	60 min	Lisa	Therapy Pool
Saturday Class					
7:00am	Masters Swimming (2L)	Med/High	90 min	Jim	Lap Pool (S)
11:00am	Aqua Box (S) (ends 7/28)	Med/High	60 min	Kinyorda	Lap Pool (S)
Sunday Class					
11:00am	Lazy River Walking* (35 max)	Med/High	60 min	Rotating	Lap Pool (S)

^ The jets will be off during this class.

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