

Water Exercise Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|------------------------|-------------------------|-------------------------|--------------------------|-------------------------|
| 6:00am | | Sunrise Splash- Kristy | | Sunrise Splash- Kristy | |
| 7:30am | Lite H20'robics - Mary | Lite H20'robics- Mary | Lite H20'robics- Martha | Lite H20'robics - Martha | Lite H20'robics - Mary |
| 8:30am | H20 Explosion- Betty | H20 Camp - Hank | H20 Explosion- Kelli | H20 Camp - Hank | H20Explosion- Ashley |
| 9:30am | H20'robics- Martha | H20'robics - Ashley | H20'robics- Martha | H20'robics Ashley | H20'robics- Martha |
| 10:30am | AFYAP - Martha | H20 P.O.W.E.R - Jeffrey | AFYAP - Martha | H20 P.O.W.E.R - Jeffrey | AFYAP - Martha |
| 11:30am | | | | | H20 P.O.W.E.R - Jeffrey |
| 5:30pm | H20 Camp - Ashley | H20 Camp - Leanne | | H20 Camp-Martha | revised August 2011 |

AFYAP - Arthritis Foundation YMCA Aquatic Program - A class to help increase your range of motion and flexibility

Lite H20'robics - This is a Low impact class that incorporates cardiovascular and strength training with the use of hand weights

H20'robics - This class will include an aerobic and strengthening workout that is sure to get you energized!

Sunrise Splash - Wake up to a great aerobic and sculpting workout.

H20 Explosion - Treat your body to a super cardiovascular workout!! Get Ready To SWEAT!!

H20 Camp - A fun class that will take you through different drills and intervals of exercise.

H20 P.O.W.E.R - A class designed for people 100 pounds over weight or have a Body Mass Index of 40 or more.

Pool Only Memberships include Tai Chi Chih, Chair Yoga and Silver Sneakers