


# Northwest YMCA

Effective June 1, 2010



## Aqua Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 AM	<b>Aqua Bootcamp</b> Agnes	<b>Deep Definition</b> Elaina	<b>Aqua Cardio</b> Elaina	<b>Deep Definition</b> Elaina	<b>Aqua Bootcamp</b> Agnes	<b>Deep Definition</b> Sandi
9:30-10:30 AM		<b>Aqua Cardio</b> Elaina	<b>Senior Aqua</b> Elaina	<b>Aqua Cardio</b> Elaina		<b>Aqua Cardio</b> Laurie
10:45-11:40 AM		<b>Arthritis Plus</b> Therapeutic Pool Elaina		<b>Arthritis Plus</b> Therapeutic Pool Elaina		
11:45 AM-12:40 PM		<b>Arthritis Plus</b> Therapeutic Pool Agnes		<b>Arthritis Plus</b> Therapeutic Pool Agnes		
1:00-1:55 PM		<b>Arthritis Plus</b> Therapeutic Pool Agnes		<b>Arthritis Plus</b> Therapeutic Pool Agnes		<b>Sunday</b> 1:15-2:00 PM <b>Aqua Fit</b> Holly
6:00-7:00 PM		<b>PM Aqua</b> Tanya		<b>PM Aqua</b> Tanya		
6:15-7:15 PM	<b>Deep Definition</b> Diana		<b>Deep Definition</b> Agnes			
7:00-8:00 PM		<b>Aqua Zumba</b> Sandi		<b>Aqua Zumba</b> Sandi		

## Seniors Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:15 AM				<b>Restorative Yoga</b> Erin Green Room		
10:10-10:40 AM				<b>Senior Boot Camp</b> Becky Blue Room		
10:45-11:15 AM		<b>Senior Impact+Step</b> Tina Blue Room		<b>Senior Impact</b> Becky Blue Room		
10:45-11:45 AM	<b>Senior Strength</b> Becky Blue Room		<b>Senior Yoga</b> Sharon Green Room		<b>Senior Strength</b> Becky Blue Room	<b>Tai Chi</b> Louis Green Room
11:20-11:50 AM		<b>Senior FLOAT</b> Tina Blue Room		<b>Senior FLOAT</b> Becky Blue Room		
12:00-12:45 PM					<b>Deep Core Pilates</b> Melissa Green Room	
					1:00-3:00 PM <b>Senior Retreat</b> Carly & Doris Green Room	

### Northwest Family YMCA

Ron Perry, Fitness Director 335.9622 x210  
Nicole Erdmann, Aquatics Director 335.9622 x205