



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Aqua & AOA

## NORTHWEST FAMILY YMCA

### Aqua Classes Jan 1, 2012

	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>ROM 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> 12:15-1:00 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		

### Active Older Adult (AOA) Friendly Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:15 AM		<b>Restorative Yoga</b> Christine 8:30-9:30am		<b>Restorative Yoga</b> Erin Green Room		
10:30-11:00 AM				<b>AOA Circuit</b> Becky Blue Room		
11:00-11:30 AM		<b>AOA Low Impact</b> Tina Blue Room		<b>AOA Low Impact</b> Becky Blue Room		
10:45-11:45 AM	<b>AOA Strength</b> Becky Blue Room		<b>AOA Yoga</b> Sharon Green Room		<b>AOA Strength</b> Becky Blue Room	<b>Tai Chi</b> Louis Green Room
11:30 AM-12:00 PM		<b>AOA Strong &amp; Stretch</b> Tina Blue Room	11-12 pm <b>AOA Zumba</b> Martha	<b>AOA Strong &amp; Stretch</b> Becky Blue Room	<b>Feldenkrais</b> 11:45-12:30 pm Becky	
12:00-12:45 PM	12-1pm <b>AOA Steering Committee</b> *3rd Monday of the month Blue Room	<b>ZumbaGold</b> Tina		2-3:15pm <b>Cancer Recovery Yoga</b>	<b>Deep Core Pilate</b> Melissa Green Room	

Northwest Family YMCA

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