



NORTHWEST FAMILY YMCA AQUA AEROBICS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
INDOOR POOLS	8:00-9:00am #Aqua Interval Int./Adv. ≈ Diana M.	8:15-9:15am #Aqua Strong Deep Definition n Elaina	8:30-9:30am #Aqua STRONG≈ Elaina	8:15-9:15am #Aqua Strong Deep Definition n Elaina	8:00-9:00am #Aqua Interval Int./Adv. ≈ Diana M.	8:30-9:30am #Aqua STRONG Deep Water n Sherri	
Fall Schedule	9:00-10:00am #Aqua Yoga∞ Sandi	9:30-10:30am #Aqua STRONG≈ Elaina	9:30-10:30am #Water Tai Chi∞ Elaina	9:30-10:30am #Aqua STRONG≈ Elaina	9:00-10:00am #Aqua Yoga∞ Sandi	9:30-10:30am #Aqua Cardio Mix≈ JoAnn	
* Fee Based							
# Senior	11-12pm #Aqua Yoga Sandi	10:45-11:30am #Sr. Aqua Range of Motion∞ Elaina	10:30-11:30am #Aqua Pilates∞ Sandi	10:45-11:30am #Sr. Aqua Range of Motion∞ Elaina	11-12pm #Aqua Yoga Sandi		12:15-1:15pm #Aqua Interval Beginner≈ Jacquie
± Special Needs							
∞ Instructional Pool		11:45-12:45pm Register ROM ∞ Diana T.		11:45-12:45pm Register ROM ∞ Diana T.			
▢ Deep Water							
≈ Shallow Water							
		1:00-1:55pm #Sr. Aqua Range of Motion∞ Diana T. Cancelling 09/05		1:00-1:55pm #Sr. Aqua Range of Motion∞ Diana T. Cancelling 09/05			
	6:15-7:15pm #Aqua Cardio Mix n JoAnn	6:15-7:15pm #Aqua Interval Int./Adv. ≈ Diana T.		6:15-7:15pm #Aqua Interval Int./Adv. ≈ Diana T.	6:15-7:15pm #Aqua Zumba ≈Jewell		

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