

YWATER FITNESS™

We build strong kids, strong families, strong communities.

Small Pool					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 - 7:15am	6:30 - 7:15am	6:30 - 7:15am	6:30 - 7:15am	6:30 - 7:15am	
Hard chargers	Hard chargers	Hard chargers	Hard chargers	Hard chargers	
7:15 - 8:00am	7:15 - 8:00am	7:15 - 8:00am	7:15 - 8:00am	7:15 - 8:00am	
Hard chargers	Hard chargers	Hard chargers	Hard chargers	Hard chargers	
8:00 - 8:45am	8:00 - 8:45am	8:00 - 8:45am	8:00 - 8:45am	8:00 - 8:45am	
Arthritis Plus	Arthritis Plus	Arthritis Plus	Arthritis Plus	Arthritis Plus	
9:00 - 9:45am	9:00 - 9:45am	9:00 - 9:45am	9:00 - 9:45am	9:00 - 9:45am	
Flex and Stretch	Flex and Stretch	Flex and Stretch	Flex and Stretch	Flex and Stretch	
10:00-10:45		10:00-10:45			
Hard chargers		Hard chargers			
7:00 - 7:45pm	7:00 - 7:45pm	7:00 - 7:45pm	7:00 - 7:45pm		
Hard chargers	Hard chargers	Hard chargers	Hard chargers		
Large Pool					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 8:45 am		8:00 - 8:45 am		8:00 - 8:45 am	
Easy Riders		Easy Riders		Easy Riders	
		7:15-8:00		7:15-8:00	1:00-1:45
		Deep Water		Deep Water	Deep Water

Easy Riders

A basic water fitness class that is perfect for beginners. This class provides you with a great low-impact workout, at a low to medium intensity level.

Hard chargers

A high intensity workout. This class gives you an all-over body workout, including toning, and cardio-conditioning. Class moves at a rapid pace.

Flex and Stretch

This class emphasizes movement and stretching over intensity. An ideal class for anyone with arthritis or any other movement limiting condition.

Arthritis Plus

(In conjunction with the Arthritis Foundation)

Increase flexibility, muscle strength, improves coordination, endurance and ability to perform daily tasks. Class is ideal for those with arthritis, recovering from sports injury, surgery or those new to water fitness.

Deep Water: A low impact high intensity program that gives you an all-over body workout, including toning, and cardio-conditioning.