



**WESTPORT WESTON FAMILY YMCA**  
**Aqua Fitness & Adult Water Exercise**  
**SCHEDULE: March & April 2017**

**Monday**

6:45-7:45 AM - Aqua Fitness – Lap Pool - Patty  
8:15-9:15 AM - Deep Water Workout- Carla  
9:00-9:45 AM – Arthritis - Warm Water Pool - Ruth  
6:30-7:30 PM - Aqua Fitness – Lap Pool - Patty

**Tuesday**

6:45-7:45 AM - Aqua Fitness – Lap Pool - Debbie  
9:00-10:00 AM - Aqua Fitness – Lap Pool - Patty  
10:15-11:00 AM - V.I.P. Class\* - Patty  
11:00-12:00 PM - Senior Aqua Fitness – Warm Water Pool – Ruth

**Wednesday**

6:45-7:45 AM - Aqua Fitness – Lap Pool - Patty  
8:15-9:15 AM - Aqua Fitness – Lap Pool - Carla  
9:00-9:45 AM – Arthritis - Warm Water Pool- Ruth  
6:30-7:30 PM - Aqua Fitness – Lap Pool - Patty

**Thursday**

6:45-7:45 AM - Aqua Fitness – Lap Pool - Debbie  
9:00-10:00 AM - Aqua Fitness – Lap Pool - Patty  
10:15-11:00 AM - V.I.P. Class\* - Patty  
11:00-12:00 PM – Senior Aqua Fitness – Warm Water Pool – Ruth

**Friday**

6:45-7:45 AM - Aqua Zumba – Lap Pool - Amber  
8:15-9:15 AM - Aqua Zumba – Lap Pool - Amber  
9:00-9:45 AM – Arthritis - Warm Water Pool – Ruth  
6:30-7:30 PM - Deep Water Workout – Lap Pool - Patty

**Sunday**

9:15-10:15 AM - Aqua Fitness – Lap Pool - Patty

\*\*V.I.P is for special populations such as individuals with MS, Parkinson's, stroke recovery, pregnancy, joint replacements.