



**WESTPORT WESTON FAMILY YMCA
Aqua Fitness & Adult Water Exercise
SCHEDULE: November and December**

Monday

6:45-7:45 AM - Aqua Fitness – Lap Pool - Patty
8:15-9:15 AM - Deep Water Workout- Patty
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 - Patty
9:00-10:00 AM - Aqua Fitness – Lap Pool - Joan
10:15-11:00 AM - V.I.P. Class* - Joan
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 - Joan
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.

V.I.P on the second Tuesdays of the month will be Aqua Chigong with Bill Wrenn

There will be no class on Thanksgiving or Christmas Day!