



WESTPORT WESTON FAMILY YMCA
Aqua Fitness & Adult Water Exercise
SCHEDULE: January and February 2019

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