



# AQUA FITNESS SCHEDULE\*

## WESTPORT WESTON FAMILY YMCA

Updated April 9, 2021

### Monday

7:10am	Joan
9:30am	Jill
10:40am	Jill

### Tuesday

7:10am (45 min)	Patty
9:00am (45 min)	Joan

### Wednesday

7:10am	Jill
9:30am	Carla
10:40am	Patty

### Thursday

7:10am (45 min)	Patty
9:00am (45 min)	Joan

### Friday

7:10am	Patty
9:30am	Joan
10:40am	Patty
6:45pm	Patty

### Sunday

11:15am	Patty
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Aqua Fitness classes are **one hour unless otherwise noted**. 7:10am Mon, Wed, Fri classes are in the small pool. All other classes are in big pool. Updated CT Guidelines allow 3 participants/lane.

**Reserve** your spot on our mobile app (search Westport Weston Family Y in your app store) or online: [westporty.motionvibe.com](http://westporty.motionvibe.com)

Please bring your own gloves, noodles, barbells, balls or belts, as the Y is not supplying equipment due to COVID-19. Equipment is not necessary, but it does enhance your workout!

Masks **must** be worn in and throughout the Y, including locker rooms and restrooms. Masks may be removed when you get to the pool.

**\*schedule subject to change**

### WESTPORT WESTON FAMILY YMCA

14 Allen Raymond Lane, Westport, CT 06880  
203-226-8981 [westporty.org](http://westporty.org)