



AQUA FITNESS SCHEDULE

WESTPORT WESTON FAMILY YMCA

Aqua Fitness classes are **one hour unless otherwise noted**.

Monday

7:10am Joan
8:45am (45 min) Ruth – **Arthritis & Balance** in warm therapy pool
9:30am Jill

Tuesday

7:10am (45 min) Patty
8:15am (45min) Joan – Intense Interval (Aqua fit and Interval swim)
9:00am (45 min) Joan
11:00 (45min) Jill Aqua Fitness in warm therapy pool

Wednesday

7:10am Patty
8:45am (45 min) Marilyn – **Arthritis & Balance** in warm therapy pool
9:30am Carla
6:30pm Patty

Thursday

7:10 (45 min) Patty
8:15am (45min) Joan – Intense Interval (Aqua fit and Interval swim)
9:00am (45 min) Joan
10:00am (45 min) Jill VIP in warm therapy pool
11:00 (45min) Jill Aqua Fitness in warm therapy pool

Friday

7:10am Patty
8:45am (45 min) Ruth– **Arthritis & Balance** in warm therapy pool
9:30am Joan
6:45pm Patty

Sunday

9:15am Patty

Arthritis & Balance: Improve your balance and posture with a variety of exercises for your legs, core and glutes, along with water-walking routines. Range of motion exercises to help with arthritis are addressed during the class. Weekly handouts will educate participants on fall prevention and gait. All levels will benefit and are welcome!

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