WESTPORT WESTON FAMILY YMCA
AQUA FITNESS SCHEDULE

SCHEDULE STARTS | TUE, SEPT 8, 2026

*Classes are 1-hour, unless otherwise noted.

MONDAY

7:10am	Patty	AquaFit
8:45am* (45 mins)	Joan	Arthritis & Balance (in warm therapy pool)
9:30am	Joan	AquaFit

TUESDAY

7:10am* (45 mins)	Patty	AquaFit
8:15am* (45 mins)	Joan	Intense Interval (Aqua Fitness and Interval Swim)
9:00am * (45 mins)	Joan	AquaFit
11:00am * (45 mins)	Patty	SR. AquaFit (in warm therapy pool)

WEDNESDAY

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

THURSDAY

7:10am* (45 mins)	Joan	AquaFit
8:15am* (45 mins)	Joan	Intense Interval (Aqua Fitness and Interval Swim)
9:00am* (45 mins)	Joan	AquaFit
11:00am * (45 mins)	Patty	SR. AquaFit (in warm therapy pool)

FRIDAY

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

SUNDAY

9:15am	Patty	AquaFit

ARTHRITIS & BALANCE | This class helps improve balance and posture with a variety of exercises for feet, legs, core and glutes, along with water walking routines. Range of motion exercises for every joint from head to toe to help with arthritis are performed in the 86-degree therapy pool.

INTENSE INTERVALS | This class is a hybrid of typical water aerobics moves such as a cross country ski alternated with swimming the length of the pool or some sort of swimming drill. It's a very efficient 45-minute workout and a lot of fun (no music is played).