

# Water Fitness Class Schedule

## Salina Family YMCA

*All Classes on the schedule are included in the YMCA membership*

Time	Pool Class	Instructor	Class Descriptions
<b><u>MONDAY</u></b>			
7:00-7:45am	LP Aquacise	Betty	<b><u>AQUACISE</u></b> A fun & refreshing way to get in shape. These classes tone & firm the body, working on cardiovascular fitness & flexibility in a medium that's easy on the joints. Swimming skills are not necessary to join these classes. You don't even have to get your hair wet.
8:00-9:00am	FP WarmH2O	Betty	
8:30-9:15am	LP Aquacise	Wanda	
9:30 - 10:30	FP Arthritis Foundation	Barb	
10:45-11:30	LP H2O Aerobics	Tami	
5:00-6:00 pm	FP Arthritic	Susan	
6:00-6:45pm	LP Aquacise	Missy	
<b><u>TUESDAY</u></b>			
7:00-7:45am	LP Aquacise	Betty	<b><u>ARTHRITIC (Aquacise for people with Arthritis)</u></b> While the instructor creates a clear accurate demonstration of the exercises, the instructor will also encourage a fun relaxed atmosphere
8:30-9:15am	LP Aquacise	Tami	
9:00-10:00am	FP Arthritis Foundation	Brenda	
4:15-5:15 am	LP Aquacise	Freddie	
5:45-6:30pm	LP Aquacise	Barb	
<b><u>WEDNESDAY</u></b>			
7:00-7:45am	LP Aquacise	Betty	<b><u>WARM WATER (H2o) AQUACISE</u></b> These classes are done in the warm family pool where stretching & toning are the focus. You will remain in the shallow water that is just above your shoulders.
8:00-9:00am	FP WarmH2O	Betty	
8:30-9:15am	LP Aquacise	Wanda	
9:30 - 10:30	FP Arthritis Foundation	Barb	
10:45-11:30	LP H2O Aerobics	Tami	
5:00-6:00 pm	FP Arthritic	Susan	
6:15-7:00pm	LP H2O Aerobics	Bonnie	
<b><u>THURSDAY</u></b>			
7:00-7:45am	LP Aquacise	Betty	<b><u>ARTHRITIS FOUNDATION AQUACISE</u></b> Contact Park & Recreation for this certified Arthritis Foundation Water Exercise Class. YMCA members may join this class at no cost.
8:30-9:15am	LP Aquacise	Tami	
9:00-10:00am	FP Arthritis Foundation	Brenda	
4:15-5:15 p.m	FP Arthritic	Freddie	
5:45-6:30 pm	LP Aquacise	Barb	
<b><u>FRIDAY</u></b>			
7:00-7:45am	LP Aquacise	Betty	<b><u>H2O Aerobics</u></b> Water Aerobics, done in cooler water of the lap pool, focus on toning, cardiovascular & core fitness a more intense format
8:00-9:00am	FP WarmH2O	Freedra	
8:30-9:15am	LP Aquacise	Yvonne	
9:30 - 10:30	FP Arthritis Foundation	Barb	
10:45-11:30	LP H2O Aerobics	Tami	