

Water Fitness

at the Wheeler Regional Family YMCA



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6:00-6:45 Shallow Water Fitness Multi Purpose April	6:00-6:45 Shallow Water Fitness Multi Purpose April		6:00-6:45 Shallow Water Fitness Multi Purpose April	6:00-6:45 Shallow Water Fitness Multi Purpose April		9:30-10:15 Aqua Zumba Multi Purpose Diane
	9:00-9:45 Shallow Water Fitness Multi Purpose April	9:00-9:45 Shallow Water Fitness Multi Purpose April	9:00-9:45 Shallow Water Fitness Multi Purpose April	9:00-9:45 Shallow Water Fitness Multi Purpose April	9:00-9:45 Shallow Water Fitness Multi Purpose April		
	10:00-10:45 Deep Water Cardio Lap Pool April	10:00-10:45 Deep Water Cardio Lap Pool April	10:00-10:45 Deep Water Cardio Lap Pool April	10:00-10:45 Deep Water Cardio Lap Pool April	10:00-10:45 Deep Water Cardio Lap Pool April		
PM		7:15-8:00 Aqua Zumba Multi Purpose Jen			7:30-8:15 Deep Water Cardio Lap Pool Diane		



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Class Descriptions:

Deep Water Cardio:

Take a load off you feet and join us in a deep water cardio class! Using a waist support, this class will release joint pressure and give you a great work out at the same time!

Shallow Water Fitness:

Wake up and start your day with a comprehensive workout! This class includes stretching, toning, and core work. Feel refreshed and energized to enjoy the rest of your day! This is a great class for ALL Fitness Levels!

Aqua Bootcamp Express:

Give this awesome new class a try! This class will incorporate cardio as well as core work into a thirty minute express class !