

WATER EXERCISE CLASSES

May 2025

Monday*	Tuesday*		Wednesday		Thursday		Friday
9-9:45am Water Fitness In rec pool	9-9:45am Water Fitness/ Strength In rec pool	9:15-10am Aqua Jog In comp pool	9-9:45am Water Fitness In rec pool	9:15-10am Water Fitness– Shallow/deep In comp pool	9-9:45am Water Fitness/ strength In rec pool	9:15-10am Aqua Jog In comp pool	9-9:45am Water Fitness In rec pool
10-10:45am Arthritis In rec pool	10-10:45am Arthritis In rec pool		10-10:45am Arthritis In rec pool		10-10:45am Arthritis In rec pool		10-10:45am Arthritis In rec pool
	11-11:45am Aqua Yoga/Pilates In rec pool						
2-2:45pm Arthritis In rec pool			2-2:45pm Arthritis In rec pool				2-2:45pm Arthritis In rec pool
7:15-8pm Water Fitness In rec pool	7:15-8pm Aqua Cardio Drumming In rec pool		7:15-8pm Water Fitness In rec pool				
<div>*Monday May 5 and Tuesday May 6- rec pool closed for cleaning- no classes in rec pool</div> <div>*Wednesday May 14- no Water Fitness- Shallow/deep</div> <div>*Monday May 26- Y closed for Memorial Day- no classes</div>							

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