

# YWCA October 2018 Class Schedule

MONDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio	
<b>MONDAY</b>	6AM	<b>* Spin (Shawn)</b> 6-6:45am				
	8AM	<b>*Spin (Shawn)</b> 8-8:45am	<b>Deep Water Work (Debbie)</b> 8-8:50am			
	9AM		<b>Aqua Tai Chi - Shallow (Drew)</b> 9-9:45am	<b>Move &amp; Grove (Shawn)</b> 9-9:45am		
	10AM	Child Care 9am-1pm	<b>Aqua Power - Shallow (Drew)</b> 10 - 10:55am	<b>Tabata (Jody)</b> 12pm - 12:45pm (starts 9/10)	<b>Pilates Fusion (Julianna)</b> 10 - 10:55am	
	3PM					
	5PM		<b>Swim Lessons Adults &amp; Children</b> 3:30-5:50pm Visit the website for details		<b>Quick Stretch (Leah)</b> 5:30-5:45pm	
	6PM	Child Care 5pm-7:00pm	<b>*Spin (Tony)</b> 5:25-6:10pm		<b>*HIIT (Drew)</b> 6:00-6:55pm	<b>*Vinyasa Yoga II/III (Leah)</b> 6-6:55pm
	7PM					

TUESDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
<b>TUESDAY</b>	6AM			<b>Cardio Strength (Alex)</b> 6-6:55am	
	8AM		<b>Deep Water Work (Debbie)</b> 8-8:50am		
	9AM		<b>Aqua Arthritis Energizer (Cynthia)</b> 9:10am-10am		
	10AM	Child Care 9am-1pm		<b>Industrial Strength: Tai Chi Basics with Mike Gentile (\$)</b> 10am - 10:50am (9/11 - 10/16)	<b>*Align &amp; Refine Yoga I/II (Debi)</b> 10:30-11:45am
	11AM				
	12PM			<b>Cardio Strength (Drew)</b> 12-12:45pm	
	3PM				
	5PM		<b>Swim Lessons Adults &amp; Children</b> 3:30-5:50pm Visit the website for details		
6PM	Child Care 5pm-7:00pm	<b>*Spin (Shawn)</b> 5:25-6:10pm	<b>Aqua Boxing - Shallow (Drew)</b> 6-6:50pm		<b>*Yoga I (Hampton)</b> 6-6:55pm
7PM					

\* Requires a class pass. Get yours at the front desk

<sup>1</sup>High Intensity Interval Training

<sup>2</sup> See weekly update to confirm pop up.

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WEDNESDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio	
<b>WEDNESDAY</b>	6AM	<b>Spin (Shawn) 6am - 6:30am</b>			<b>Quick Abs &amp; Stretch (Shawn) 6:35am - 6:55am</b>	
	8AM		<b>Deep Water Work (Debbie) 8-8:50am</b>			
	9AM		<b>Deep Water Work (Debbie) 9-9:50am</b>	<b>Move &amp; Grove (Drew) 9-9:45am</b>		
	10AM	<b>Child Care 9am-1pm</b>	<b>Aqua Power - Deep (Shelley) 10-10:55am</b>		<b>Pilates Fusion (Anne) 10-10:55am</b>	
	12PM			<b>Tabata (Julianna) 12-12:45pm</b>		
	3PM					
	5PM		<b>Swim Lessons Adults &amp; Children 3:30-5:50pm Visit the website for details</b>			
	6PM	<b>Child Care 5pm-7:00pm</b>	<b>*Spin (Drew) 5:25-6:10</b>	<b>Aqua Cardio - Shallow &amp; Deep (Shelley) 6-6:45pm</b>	<b>*HIIT (Jody) 6pm - 6:55pm</b>	<b>*Vinyasa Yoga II/III (Yael) 6-6:55pm</b>
	7PM		<i>See schedule changes for 10/31 on the event calendar and/or weekly email</i>			

THURSDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
<b>THURSDAY</b>	8AM		<b>Deep Water Work (Debbie) 8-8:50am</b>		
	9AM		<b>Aqua Yoga - Shallow (Leslie) 9:15 - 10:15am</b>		
	10AM	<b>Child Care 9am-1pm</b>			<b>Yoga I/II (Leslie) 10:30-11:25</b>
	11AM				
	12PM				<b>Quick Tone &amp; Stretch (Grace) 12:35-12:50pm</b>
	3PM				
	4PM		<b>Swim Lessons - Adults &amp; Children 3:30-5:50pm Visit the website for details</b>		
	5PM				
	6PM	<b>Child Care 5pm-7:00pm</b>	<b>*Spin (Jody) 5:25-6:10pm</b>		
7PM			<b>*HIIT (Jody) 6:15pm - 6:45pm</b>		

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FRIDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
FRIDAY	8AM				
	9AM		Shallow Water Work (Shelley) 9:10-9:50am	Move & Grove (Yael) 9-9:45am	
	10AM		Aqua Power - Shallow & Deep (Shelley) 10-10:50am	*HIIT (Yael) 10 - 10:30am Quick Abs (Yael) 10:35 - 10:50am	Pilates (Kay) 10-10:55am
	11AM				
	Child Care 9am-12pm				

SATURDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
SATURDAY	8AM	*Spin (Drew) 8-8:45am			
	9AM		Aqua Boxing - Shallow 9-9:50am (Drew)	10/6 ONLY: Kid Yoga Ages 3-10 (Alex) 9:30am - 10:15am (10 kids)	
	10AM		Swim Lessons Adults & Children 9am-12pm Visit the website for details	Cardio Strength (Drew) 10:30am - 11:15am (no class 10/20)	Yoga I: Exploring the Details (Hampton) 10-11:20am
	11AM			10/20 ONLY: FREE! Superhero Family Bootcamp (Drew) Group A: ages 4-8 (10am - 10:25am) Group B: ages 9-12 (10:30am - 11am)	
	Child Care 9am - 12pm starts 9/8				

SUNDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
SUNDAY	4PM				4-4:55pm (Jane) Deep Stretch Pop Up
	No Child Care				updated 9/27/18

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