

YWCA November 2018 Class Schedule

**See Monthly Calendar and weekly emails for updates*

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

TUESDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
TUESDAY	6AM			Cardio Strength (Alex) 6-6:55am	
	8AM		Deep Water Work (Debbie) 8-8:50am		
	9AM	Child Care 9am-1pm	Aqua Arthritis Energizer (Cynthia) 9:10am-10am		
	10AM			Industrial Strength: Tai Chi Basics with Mike Gentile (\$) 10am - 10:50am	*Align & Refine Yoga I/II (Debi) 10:30-11:45am
	11AM				
	12PM			Cardio Strength (Drew) 12-12:45pm	
	3PM				
	5PM	Child Care 5pm-7:00pm	Swim Lessons Adults & Children 3:30-5:50pm Visit the website for details		
6PM	*Spin (Shawn) 5:25-6:10pm		Aqua Boxing - Shallow (Drew) 6-6:50pm	LIIT (Low Impact Interval Training) (Shawn) 6:15 - 7pm	*Yoga I (Hampton) 6-6:55pm
7PM					

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

¹High Intensity Interval Training

² See weekly update to confirm pop up.

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WEDNESDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio	
WEDNESDAY	6AM	Spin (Shawn) 6am - 6:30am			Quick Abs & Stretch (Shawn) 6:35am - 6:55am	
	8AM		Deep Water Work (Debbie) 8-8:50am			
	9AM		Deep Water Work (Debbie) 9-9:50am	Move & Groove (Drew) 9-9:45am		
	10AM	Child Care 9am-1pm		Aqua Power - Deep (Shelley) 10-10:55am	Pilates Fusion (Anne) 10-10:55am	
	12PM			Tabata (Julianna) 12-12:45pm		
	3PM					
	5PM		Swim Lessons Adults & Children 3:30-5:50pm Visit the website for details			
	6PM	Child Care 5pm-7:00pm	*Spin (Drew) 5:25-6:10	Aqua Cardio - Shallow & Deep (Shelley) 6-6:45pm	*HIIT (Jody) 6pm - 6:55pm	*Vinyasa Yoga II/III (Yael) 6-6:55pm
	7PM					

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

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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)		
	10AM		Swim Lessons Adults & Children 9am-12pm Visit the website for details		
	11AM			Cardio Strength (Drew) 10:30am -11:15am	Yoga I: Exploring the Details (Hampton) 10-11:20am
	Child Care 9am - 12pm starts 9/8				

SUNDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
SUNDAY	4PM				3:45pm - 4:45pm (Jane) Deep Stretch Pop Up
	No Child Care				updated 10/25/18

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