

# YWCA December 2018 Class Schedule

*\*See Monthly Calendar and weekly emails for updates*

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	Child Care 9am-12pm	<b>Aqua Tai Chi - Shallow (Drew)</b> 9-9:45am	<b>Move &amp; Groove (Shawn)</b> 9-9:45am		
	10AM		<b>Aqua Power - Shallow (Drew)</b> 10 - 10:55am	<b>Cardio Strength (Drew)</b> 12pm - 12:45pm	<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			
	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>HIIT (Alex) 6am - 6:30am</b>	
				<b>HIIT (Alex) 6:30am - 7am</b>	
	8AM		<b>Deep Water Work (Debbie)</b> 8-8:50am		
	9AM		<b>Aqua Arthritis Energizer (Cynthia)</b> 9:10am-10am		
	10AM	Child Care 9am-12pm	<b>*Spin (Julianna)</b> 10am - 10:30am	<b>Industrial Strength: Tai Chi Basics with Mike Gentile (\$)</b> <b>*BEGINS 1/8/19</b>	<b>*Align &amp; Refine Yoga I/II (Debi)</b> 10:30-11:45am
	11AM				
	12PM			<b>Tabata (Jody)</b> 12-12:45pm	
	3PM		<b>Swim Lessons Adults &amp; Children</b> 3:30-5:50pm Visit the website for details		
5PM					
6PM	Child Care 5pm-7:00pm	<b>*Spin (Shawn)</b> 5:25-6:10pm	<b>Aqua Tabata - Shallow (Julianna)</b> 5pm - 5:30pm		<b>*Yoga I (Hampton)</b> 6-6:55pm
7PM				<b>LIIT (Low Impact Interval Training)</b> <b>(Shawn)</b> 6:15 - 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.

# YWCA December 2018 Class Schedule

*\*See Monthly Calendar and weekly emails for updates*

WEDNESDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
<b>WEDNESDAY</b>	6AM	<b>Spin (Shawn)</b> 6am - 6:30am			<b>Quick Stretch &amp; Abs (Shawn)</b> 6:35am - 6:50am
	8AM		<b>Deep Water Work (Debbie)</b> 8-8:50am		
	9AM		<b>Deep Water Work (Debbie)</b> 9-9:50am	<b>Move &amp; Groove (Drew)</b> 9-9:45am	
	10AM	Child Care 9am-12pm		<b>Aqua Power - Deep (Shelley)</b> 10-10:55am	<b>Pilates Fusion (Anne)</b> 10-10:55am
	12PM			<b>Tabata (Julianna)</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	<i>Spin (no class 12/5)</i> <b>Pop-Up: 5:25pm with Jody (12/12 &amp; 12/19)</b> <b>NEW TIME: 6:15pm - 7pm (12/26)</b>	<b>Aqua Boxing - Shallow (Drew)</b> 5:30-6:15pm	<b>*HIIT (Jody) 6pm - 6:55pm</b>
7PM		<b>Aqua Cardio- Shallow &amp; Deep (Shelley)</b> 6:15- 7pm			

THURSDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
<b>THURSDAY</b>	8AM		<b>Deep Water Work (Debbie)</b> 8-8:50am		
	9AM		<b>Aqua Yoga - Shallow (Leslie)</b> 9:15 - 10:15am		
	10AM	Child Care 9am-12pm			<b>Yoga I/II (Leslie)</b> 10:30-11:25
	11AM				
	12PM		<b>*Spin (Grace)</b> 12-12:30pm		<b>*Quick Tone &amp; Stretch(Grace)</b> 12:35pm-12:50pm
	3PM				
	4PM		<b>Swim Lessons - Adults &amp; Children</b> 3:30-5:50pm Visit the website for details		
	6PM	Child Care 5pm-7:00pm	<b>*Spin (Jody)</b> 5:25-6:10pm		<b>*Yoga I (Mary Lou)</b> 6-6:55pm
7PM			<b>*HIIT (Jody)</b> 6:15pm - 6:45pm		

\* 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.

# YWCA December 2018 Class Schedule

*\*See Monthly Calendar and weekly emails for updates*

FRIDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
FRIDAY	8AM				
	9AM		Shallow Water Work (Shelley) 9:10-9:50am	Move & Groove (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	*Spin (Julianna) 11-11:30am			
	Child Care 9am-12pm				

SATURDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
SATURDAY	8AM				
	9AM		Aqua Boxing - Shallow 9-9:50am (Drew)		
	10AM	9:15am - 10am with Tony (12/8, 12/15, & 12/29)	Swim Lessons Adults & Children 9am-12pm Visit the website for details	Cardio Strength (Drew) 10:30am -11:15am	Yoga I: Exploring the Details (Hampton) 10-11:20am
	11AM				
	Child Care 9am - 12pm				

SUNDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
SUNDAY	4PM				3:45pm - 4:45pm (Jane) Deep Stretch Pop Up
	No Child Care				updated 11/30/18

\* 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.