

YWCA February 2019 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				
			Aqua Tai Chi - Shallow (Drew) 9-9:45am	Move & Groove (Shawn) 9-9:45am	
	10AM	Child Care 9am-12pm			
			Aqua Power - Shallow (Drew) 10 - 10:50am	Cardio Strength (Drew) 12pm - 12:45pm	Pilates Fusion (Julianna) 10 - 10:55am
3PM					
		Swim Lessons Adults & Children 3:30-5:50pm Visit the website for details			
5PM					
	Child Care 5pm-7:00pm				
		*Spin (Tony) 5:25-6:10pm			
6PM					
				*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				
				HIIT (Alex) 6am - 6:30am	
	8AM				
			Deep Water Work (Debbie) 8-8:50am	HIIT (Alex) 6:30am - 7am	
	9AM				
			Aqua Arthritis Energizer (Cynthia) 9:10am-10am	9:45am - 10:45am Tai Chi Basics with Mike Gentile (\$)	
	10AM	Child Care 9am-12pm	*Spin (Julianna) 10am - 10:30am		
	11AM				*Align & Refine Yoga I/II (Debi) 10:30-11:45am
	12PM				
				Tabata (Jody) 12-12:45pm	
3PM					
		Swim Lessons Adults & Children 3:30-5:50pm Visit the website for details			
5PM					
	Child Care 5pm-7:00pm				
		*Spin (Shawn) 5:25-6:10pm	Aqua Tabata - Shallow (Julianna) 5pm - 5:30pm		
6PM					
		Deep Water Work (Donna) 5:35pm - 6:25pm			*Yoga I (Hampton) 6-6:55pm
7PM					
				LIIT (Low Impact Interval Training) (Shawn) 6:15 - 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					
	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-12pm	Aqua Power - Deep (Shelley) 10-10:50am		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 (Tamara) 6:15pm - 7pm	Aqua Boxing - Shallow (Drew) 5:30-6:15pm	*HIIT (Jody) 6pm - 6:55pm	*Vinyasa Yoga II/III (Yael) 6-6:55pm
	7PM		Aqua Cardio- Shallow & Deep (Shelley) 6:15- 7pm			

THURSDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
THURSDAY	8AM		Deep Water Work (Debbie) 8-8:50am		
	9AM		Aqua Yoga - Shallow (Leslie) 9:15 - 10:15am		
	10AM	Child Care 9am-12pm			Yoga I/II (Leslie) 10:30-11:25
	11AM				
	12PM		*Spin (Grace) 12-12:30pm		*Quick Tone & Stretch(Grace) 12:35pm-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 & Groove (Yael) 9-9:45am	
	10AM		Aqua Power - Shallow & Deep (Shelley) 10-10:50am	*HIIT (Yael) 10 - 10:30am	Pilates (Kay) 10-10:55am
	11AM	*Spin (Julianna) 11-11:30am		Quick Abs (Yael) 10:35 - 10:50am	
	Child Care 9am-12pm		Aqua Tabata- Shallow (Julianna) 12 - 12:30pm		

SATURDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
SATURDAY	8AM				
	9AM	*Spin (Tamara) 9:15am - 10am	Aqua Boxing & Tabata - Shallow (Drew) 9-9:50am		
	10AM		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				Pop-Up: Deep Stretch (Jane) 3:45pm - 4:45pm
	No Child Care				updated 1/28/19

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