

# YWCA March 2019 Class Schedule \*See the website for special programs!

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

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<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					
	8AM		Deep Water Work (Debbie) 8-8:50am			
	9AM	Child Care 9am-12pm	Deep Water Work (Debbie) 9-9:50am	Move & Groove (Drew) 9-9:45am		
	10AM		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
<b>THURSDAY</b>	8AM		Deep Water Work (Debbie) 8-8:50am		
	9AM	Child Care 9am-12pm	Aqua Yoga - Shallow (Leslie) 9:15 - 10:15am		
	10AM				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 Quick Abs (Yael) 10:35 - 10:50am	Pilates (Kay) 10-10:55am
	11AM	*Spin (Julianna) 11-11:30am	Aqua Tabata- Shallow (Julianna) 12 - 12:30pm		
	Child Care 9am-12pm				

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 2/25/19

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