

## ADD WATER FOR INSTANT FUN

### Water Fitness Schedule

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <b>Shallow Water Classes</b>                       |   |  |   |  |
| <b>Aqua Aerobics</b><br>6:45-7:30 AM<br>Wyn        |   | <b>Aqua Aerobics</b><br>6:45-7:30 AM<br>Wyn        |   | <b>Aqua Aerobics</b><br>6:45-7:30 AM<br>Wyn        |
| <b>Aquacise</b><br>7:30-8:15 AM<br>Sue             | <b>Aqua Blast</b><br>7:00-8:00 AM<br>Stacy          | <b>Aquacise</b><br>7:30-8:15 AM<br>Sue             | <b>Aqua Blast</b><br>7:00-8:00 AM<br>Stacy          | <b>Aquacise</b><br>7:30-8:15 AM<br>Sue             |
| <b>Water Walking</b><br>8:15-9:00 AM<br>Cecelia    | <b>Water Walking</b><br>8:15-9:00 AM<br>Sandra      | <b>Water Walking</b><br>8:15-9:00 AM<br>Cecelia    | <b>Water Walking</b><br>8:15-9:00 AM<br>Sandra      | <b>Water Walking</b><br>8:15-9:00 AM<br>Cecelia    |
| <b>Aqua Arthritis</b><br>9:00-10:00 AM<br>Zora     | <b>Aqua Arthritis</b><br>9:00-10:00 AM<br>Zora      | <b>Aqua Arthritis</b><br>9:00-10:00 AM<br>Zora     | <b>Aqua Arthritis</b><br>9:00-10:00 AM<br>Zora      | <b>Aqua Arthritis</b><br>9:00-10:00 AM<br>Zora     |
| <b>Energizers</b><br>10:00-11:00 AM<br>Ana         |   | <b>Energizers</b><br>10:00-11:00 AM<br>Ana         |   | <b>Energizers</b><br>10:00-11:00 AM<br>Ana         |
| <b>Fibromyalgia</b><br>11:30-12:15 PM<br>Jane      | <b>Water Yoga</b><br>11:00-11:45 AM<br>Linda        | <b>Fibromyalgia</b><br>11:30-12:15 PM<br>Jane      | <b>Water Yoga</b><br>11:00-11:45 AM<br>Linda        | <b>Fibromyalgia</b><br>11:30-12:15 PM<br>Jane      |
| <b>Aqua-Arthritis Plus</b><br>12:15-1:00 PM<br>Wyn |   | <b>Aqua-Arthritis Plus</b><br>12:15-1:00 PM<br>Wyn |   | <b>Aqua-Arthritis Plus</b><br>12:15-1:00 PM<br>Wyn |
|  | <b>Aqua Zumba</b><br>6:00-6:45 PM<br>Ana            |  |   | <b>Aqua Zumba</b><br>6:00-6:45 PM<br>Ana           |
| <b>Deep Water Classes</b>                          |   |  |   |  |
|  | <b>Cardio Splash</b><br>6:00-7:00 AM<br>Angela Kaye |  | <b>Cardio Splash</b><br>6:00-7:00 AM<br>Angela Kaye |  |
| <b>Deep Water</b><br>8:30-9:30 AM<br>Meg           | <b>Deep Water</b><br>8:00-9:00 AM<br>Sandra/Kathy   | <b>Deep Water</b><br>8:30-9:30 AM<br>Meg           | <b>Deep Water</b><br>8:00-9:00 AM<br>Sandra/Kathy   | <b>Deep Water</b><br>8:30-9:30 AM<br>Meg           |
| <b>Deep Water</b><br>9:30-10:30 AM<br>Angela Kaye  | <b>Deep Water</b><br>9:00-10:00 AM<br>Meg           | <b>Deep Water</b><br>9:30-10:30 AM<br>Angela Kaye  | <b>Deep Water</b><br>9:00-10:00 AM<br>Meg           | <b>Deep Water</b><br>9:30-10:30 AM<br>Angela Kaye  |
| <b>Deep Water</b><br>10:30-11:30 AM<br>Debra       | <b>Deep Water</b><br>10:00-11:00 AM<br>Debra        | <b>Deep Water</b><br>10:30-11:30 AM<br>Debra       | <b>Deep Water</b><br>10:00-11:00 AM<br>Debra        | <b>Deep Water</b><br>10:30-11:30 AM<br>Debra       |
| <b>Aqua Combo</b><br>6:00-7:00 PM<br>Beth          |   | <b>Aqua Combo</b><br>6:00-7:00 PM<br>Beth          | <b>Aqua Combo</b><br>6:00-7:00 PM<br>Beth           |  |

Classes accommodate all levels of intensity. Water shoes are recommended for Shallow Water Classes.

Registration Information & Class Details -- Please see reverse!

Contact Channah Valkos, Aquatics Director at 336.387.9622 or [Channah.Valkos@ymcagreensboro.org](mailto:Channah.Valkos@ymcagreensboro.org) or visit [spearsymca.org](http://spearsymca.org) for more information.