



ADD WATER FOR INSTANT FUN

Water Fitness Schedule

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

Classes accommodate all levels of intensity. Water shoes are recommended for Shallow Water Classes. It is recommended that Deep Water Participants are familiar with being in deep water/being familiar with swimming motions. Registration Information & Class Details -- Please see reverse!

Contact Channah Valkos, Aquatics Director at 336.387.9622 or Channah.Valkos@ymcagreensboro.org or visit spearsymca.org for more information.