

## INDOOR POOL Spring/Summer 2010

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
9:00-10:00am		Water Aerobics		Water Aerobics		Water Aerobics	
10:00-11:00am	Arthritis Class	<b>Water Yoga w/ Amanda</b>	Arthritis Class	Water Yoga W/ Amanda	Arthritis Class		
6:00-7:00pm	<b>Deep Water w/ Heidi Level-2/3</b>	Water Aerobics w/Alice L1-2	<b>Deep Water w/Susan Level 2-3</b>	<b>Water Aerobics w/Alice Level-1/2</b>	Water Aerobics w/Lynn	<b>Attention:</b> All Children 12 and under must be accompanied by an adult at all times!	

### Indoor Cycle classes -Winter/2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:45-6:30AM</b> W/ Robert	<b>5:45-6:30AM</b> w/ Frank	<b>5:45-6:30AM</b> w/ Robert	<b>5:45-6:30AM</b> w/ Michelle		<b>9:15-10:00am</b> W/Diane M	
<b>12:15-1:00 PM</b> w/ Trish Sacco	<b>9:15-10:00 AM</b> w/ <b>Michelle/Amy</b>	<b>12:15-1:00 PM</b> w/Deb Reeves	<b>9:15-10:00 AM</b> w/ Rainey			
<b>6:00-7:30PM</b> open ride	<b>6:00-6:45 PM</b> w-Diane M		<b>6:00-7:00PM</b> w/ Caroline			

**The YMCA reserves the right to change this schedule when necessary without notice.**

**Revised 6-2010-Debbie M Rast**