



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE SCHEDULE

FRANZ ROSS YMCA

WINTER 2012

Times	Mon	Tues	Wed	Thurs	Fri
A.M.					
8:15-9:15		Splash Aerobics <i>Maria</i>		Splash Aerobics <i>Maria</i>	
8:45-9:45	Cardio-Explosion <i>Gail</i>	9:30-10:30 Water Works <i>Maria</i>	Cardio-Explosion <i>Gail</i>	9:30-10:30 Water Works <i>Maria</i>	Cardio-Explosion <i>Gail</i>
10:00-11:00	Power Aerobics <i>Joyce</i>		Power Aerobics <i>Joyce</i>		Power Aerobics <i>Joyce</i>
11:15-12:15	Arthritis Exercise <i>Maria</i>		Arthritis Exercise <i>Gail</i>		Arthritis Exercise <i>Janice</i>
12:15-1:15		Silver Splash! <i>Deb</i>		Silver Splash! <i>Deb</i>	
P.M.					
6:15-7:15		Water Mania <i>Deb</i>		Water Mania <i>Deb</i>	

- While the pool water is heated, the pool AREA is *not*.
- For the safety of those using the outdoor spa, and for proper ventilation, one sliding glass door **MUST** be kept open to allow Life Guards visibility in case of an emergency.

If you have any questions or comments, regarding any of the above Classes or Instructors, please contact Tracy Morgan@ 941.629.9622 ext. 125 or email : Tmorgan@charlottecountyymca.com