



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ed Isakson/Alpharetta Family YMCA
3655 Preston Ridge Road
Alpharetta, GA 30005
770-664-1220

Water Group Exercise Schedule

January 1st- January 31st, 2012

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
MONDAY	6:00-7:30 am	Masters Swim *	Coach	Pool
	9:00-9:45	Water Cardio Conditioning	Lisa	Pool
	9:45-10:30	Water pilates	Lisa	Pool
	1:00-1:45	• Stretch and Flex	Betsy	Pool
	5:30-6:30 pm	Aqua Zumba	Maribel/Yvette	Pool
	6:30-7:30	Deep Water Fitness	Linda M	Pool
TUESDAY	6:00-7:30 am	Masters Swim *	Coach	Pool
	8:30-9:15	Aqua Zumba	Yvette	Pool
	9:00-9:45 am	Water Cardio Conditioning	Linda M/Susan	Pool
	9:15-10:00 am	•Water Stretch and Flex	Rebecca	Pool
	10:00-10:45	Water Fibro FIT/Prenatal	Rebecca	Pool
	1:00-2:00 pm	Senior Water Fitness	Pascale	Pool
	6:15-7:15 pm	Water Fitness	Linda M	Pool
	7:15-8:15 pm	Deep Water Fitness/Sculpt	Cheryl	Pool
WEDNESDAY	9:00-9:45 am	Aqua Zumba	Toni	Pool
	9:45-10:30 am	Water Pilates	Toni	Pool
	1:00-1:45pm	• Stretch and Flex	Linda P.	Pool
	7:00-8:00pm	Water Cardio Condition/Pilates 40/20	Susan	Pool
THURSDAY	6:00-7:30 am	Masters Swim *	Coach	Pool
	8:30-9:15 am	Deep Water Fitness	Linda P.	Pool
	9:15-10:00 am	•Water Stretch and Flex	Linda P.	Pool
	10.00-1045	Water Fibro FIT/Prenatal	Rebecca	Pool
	1:00-2:00 pm	Senior Water Fitness *	Cheryl	Pool
	5:45-6:30pm	Aqua Zumba	Toni	Pool
	6:30 -7:30 pm	Water Cardio Condition/Bike	Sherry	Pool
FRIDAY	9:00-9:45 am	Water Drills with Noodles	Susan	Pool
	9:45-10:30 am	Water Pilates	Susan	Pool
	1:00-1:45 pm	•Water Stretch and Flex	Linda P.	Pool
	6:00-7:00 pm	Water Cardio Condition/Pilates	Lisa	Pool
SATURDAY	8:00-9:00 am	Water Cardio Conditioning	Lisa	Pool
SUNDAY	1:30-2:30 pm	Water Combo	Rotation	Pool

- These classes are open to program members
- * No childcare available

Childcare hours: Mon-Thurs 8:30 am-1:15 pm and 3:30-8:00 pm
Fri: 8:15 am-1:15 pm and 4:15 pm-8:00 pm
Sat: 8:00 am-1:15 pm, Sun 1:00 pm-4:00 pm

For information regarding our Water Fitness classes, please contact Melita Lawson- Land and Water fitness Coordinator.
Melital@ymcaatlanta.org
770-663-3548

