



February Water Exercise Schedule Hayes Taylor Memorial YMCA

	1 7:30am Shallow H2O 1pm Variety Water Exercise 6:45pm Water Aerobics	2 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX 6:45pm Water Aerobics	3 7:30am Shallow H2O 1pm Variety Water Exercise 6:45pm Water Aerobics	4 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX 6:45pm Water Aerobics	5 7:30am Shallow H2O 1pm Variety Water Exercise	6
7	8 7:30am Shallow H2O 1pm Variety Water Exercise 6:45pm Water Aerobics	9 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX 6:45pm Water Aerobics	10 7:30am Shallow H2O 1pm Variety Water Exercise 6:45pm Water Aerobics	11 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX 6:45pm Water Aerobics	12 7:30am Shallow H2O 1pm Variety Water Exercise	13
14	15 7:30am Shallow H2O 1pm Variety Water Exercise 6:45pm Water Aerobics	16 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX 6:45pm Water Aerobics	17 7:30am Shallow H2O 1pm Variety Water Exercise 6:45pm Water Aerobics	18 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX 6:45pm Water Aerobics	19 7:30am Shallow H2O 1pm Variety Water Exercise	20
21	22 7:30am Shallow H2O 1pm Variety Water Exercise 6:45pm Water Aerobics	23 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX 6:45pm Water Aerobics	24 7:30am Shallow H2O 1pm Variety Water Exercise 6:45pm Water Aerobics	25 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX Closes at 3pm	26 7:30am Shallow H2O 1pm Variety Water Exercise	27
28	1 7:30am Shallow H2O 1pm Variety Water Exercise 6:45pm Water Aerobics	2 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX 6:45pm Water Aerobics	3 7:30am Shallow H2O 1pm Variety Water Exercise 6:45pm Water Aerobics	4 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX Closes at 3pm	5 7:30am Shallow H2O 1pm Variety Water Exercise	6

Additional Details/Class Descriptions

ARTHRITIS H2O EX: Shallow water exercise at a low to moderate intensity specifically for active older adults. Water therapy for arthritis and lower back pain

Shallow H2O Exercise: Low impact workout in shallow water that puts no strain on your joints. This class uses water's natural resistance to sculpt your muscles and improve your cardiovascular fitness. All swim levels are welcome.

Deep H2O Exercise: Total body workout in deep water, ideal for cross training and toning. Floatation belts are provided and worn throughout class.

Water Fitness Fees

\$1:00 for members

\$4.00 for non-members per class.