



# January Water Exercise Schedule Hayes Taylor Memorial YMCA

				31 <b>Happy New Years Eve</b>	1 <b>Happy New Years Day</b>	2
3	4 7:30am Shallow H2O  1pm Variety Water Exercise  6:45pm Water Aerobics	5 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX  6:45pm Water Aerobics	6 7:30am Shallow H2O  1pm Variety Water Exercise  6:45pm Water Aerobics	7 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX  6:45pm Water Aerobics	8 7:30am Shallow H2O  1pm Variety Water Exercise	9
10	11 7:30am Shallow H2O  1pm Variety Water Exercise  6:45pm Water Aerobics	12 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX  6:45pm Water Aerobics	13 7:30am Shallow H2O  1pm Variety Water Exercise  6:45pm Water Aerobics	14 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX  6:45pm Water Aerobics	15 7:30am Shallow H2O  1pm Variety Water Exercise	16
17	18 <b>Martin Luther King Jr. Day</b>	19 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX  6:45pm Water Aerobics	20 7:30am Shallow H2O  1pm Variety Water Exercise  6:45pm Water Aerobics	21 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX  Closes at 3pm	22 7:30am Shallow H2O  1pm Variety Water Exercise	23
24	25 7:30am Shallow H2O  1pm Variety Water Exercise  6:45pm Water Aerobics	26 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX  6:45pm Water Aerobics	27 7:30am Shallow H2O  1pm Variety Water Exercise  6:45pm Water Aerobics	28 7:30am Deep H2O 8:15am Shallow H2O 9:15 am Arthritis H2OEX  Closes at 3pm	29 7:30am Shallow H2O  1pm Variety Water Exercise	30

**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.**