

# GROUP WATER EXERCISE SCHEDULE



The Y in Woodbury  
 PHONE: 651-731-9507  
 EFFECTIVE NOVEMBER 1ST, 2016

Monday - Friday 5:00am- 10:00pm  
 Saturday 6:00am-9:00pm  
 Sunday 6:00am-9:00pm

**Kids Stuff Hours**  
 Monday - Friday 8:30am-8:00pm  
 Saturday 8:30am-5:00pm  
 Sunday 9:00am-5:00pm

**Lap=Lap Pool      Leisure=Leisure Pool**  
**Bold = New classes**

Ages 10-14 must have an adult with them to participate in the class. This is up to the teachers discretion.

Monday				Thursday			
<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>	<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>
7:00 - 7:45	am Water X	Lap	Debbie	8:15 - 9:00	am Water Tabata	Lap	Danae
8:15 - 9:00	am Water X	Lap	Cheryl	9:15 - 10:00	am Water X Power	Lap	Danae
9:15 - 10:00	am Water X	Lap	Andrea				
3:30 - 4:15	pm Arthritis Water X	Leisure	Julie				
Tuesday				Friday			
<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>	<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>
8:30 - 9:00	am Water Tabata	Lap	Jeanine	7:00 - 7:45	am Water X Boot Camp	Lap	Pauline
9:15 - 10:00	am Arthritis Water X	Leisure	Danae	8:15 - 9:00	am Water X	Lap	Cheryl
9:15 - 10:00	am Water X Power	Lap	Jeanine	9:15 - 10:00	am Water X	Lap	Jeanine
Wednesday				Saturday			
<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>	<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>
7:00 - 7:45	am Boot Camp	Lap	Debbie	8:40 - 9:25	am Water X Power	Lap	Rotation
8:15 - 9:00	am ForeverWell Water X	Lap	Cheryl				
9:15 - 10:00	am Water X	Lap	Andrea				
3:30 - 4:15	pm Arthritis Water X	Leisure	Rotation				
Sunday							
<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>	<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>