



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

## May 21st- August 12th, 2012

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>MONDAY</b>	<b>6:00-7:30 am</b>	<b>Masters Swim *</b>	<b>Coach</b>	<b>Pool</b>
<b>new time</b>	8:30-9:15	Water Boot Camp	Susan	Outside Pool
<b>new time</b>	<b>9:15-9:45</b>	<b>◆Water pilates</b>	<b>Susan</b>	<b>Outside Pool</b>
<b>new time</b>	9:30-10:15	◆◆ Stretch and Flex	Betsy	Pool
	<b>5:30-6:30 pm</b>	<b>Aqua Boot Camp</b>	<b>Jean</b>	<b>Pool</b>
<b>new time</b>	6:30-7:30 pm	Deep Water Fitness	Linda M	Pool
<b>TUESDAY</b>	<b>6:00-7:30 am</b>	<b>Masters Swim *</b>	<b>Coach</b>	<b>Pool</b>
	8:30-9:15 am	Aqua Zumba	Yvette	Outside Pool
<b>new time</b>	<b>9:00-9:45 am</b>	<b>Water Cardio Conditioning</b>	<b>Linda M/Susan</b>	<b>Pool</b>
	9:45-10:30 am	◆◆ Stretch and Flex/Fibro/Prenatal	Susan	Pool
<b>new time</b>	<b>12:00-1:00 pm</b>	<b>◆Senior Water Fitness</b>	<b>Cheryl</b>	<b>Pool</b>
	6:15-7:15 pm	Water Fitness	Linda M	Pool
	<b>7:15-8:15 pm</b>	<b>Deep Water Fitness/Sculpt</b>	<b>Cheryl</b>	<b>Pool</b>
<b>WEDNESDAY</b>	9:00-9:45 am	Aqua Zumba	Toni	Outside Pool
<b>new time</b>	<b>9:00-9:45 am</b>	<b>◆◆ Stretch and Flex</b>	<b>Linda P</b>	<b>Pool</b>
<b>new time</b>	9:55-10:40 am	◆Water Pilates	Toni	Pool
	<b>6:15-7:15 pm</b>	<b>Water Cardio Conditioning</b>	<b>Shiloh</b>	<b>Pool</b>
<b>THURSDAY</b>	6:00-7:30 am	Masters Swim*	Coach	Pool
	<b>8:30-9:15 am</b>	<b>Deep Water Fitness</b>	<b>Linda P</b>	<b>Pool</b>
	9:15-10:00 am	◆◆Stretch and Flex/Fibro/Prenatal	Linda P	Pool
<b>new time</b>	<b>12:00-1:00 pm</b>	<b>Senior Water Fitness *</b>	<b>Pascale</b>	<b>Pool</b>
<b>new time</b>	5:30-6:15 pm	Aqua Zumba	Toni/Vanessa	Pool
<b>new time</b>	<b>6:15 -7:15 pm</b>	<b>Water Cardio Condition/Bike</b>	<b>Sherry</b>	<b>Pool</b>
<b>FRIDAY</b>	8:30-9:15 am	Water Drills with Noodle	Susan	Outside Pool
	<b>9:15-9:45 am</b>	<b>◆Water Pilates</b>	<b>Susan</b>	<b>Outside Pool</b>
<b>new time</b>	9:30-10:15 am	◆◆ Stretch and Flex	Linda P	Pool
<b>new time</b>	<b>6:00-7:00 pm</b>	<b>Aqua Zumba</b>	<b>Jeannie</b>	<b>Pool</b>
<b>SATURDAY</b>	8:00-9:00 am	Aqua Boot Camp	Lisa	Pool
<b>SUNDAY</b>	<b>1:30-2:30 pm</b>	<b>Water Combo</b>	<b>Rotation</b>	<b>Pool</b>

• 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 & Water fitness Coordinator. [melital@ymcaatlanta.org](mailto:melital@ymcaatlanta.org)  
770-663-3548



