



GROUP WATER EXERCISE SCHEDULE

Andover YMCA

November 2 - December 20th, 2009

Facility Hours

Monday - Friday 5:00am- 10:00pm
 Saturday 7:00am-10:00pm
 Sunday 7:00am-9:00pm

Kids Stuff

Monday - Thursday 8:00am- 8:30pm
 Friday 8:00am- 7:00 pm
 Saturday 8:00am-2:00pm
 Sunday 9:00am-1:00pm & 3:00pm-7:00pm

Monday

<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>
6:15 - 7:15 am	Water X Power	Lap	Sandi
8:30 - 9:25 am	Water X Power	Lap	Sandi
9:30 - 10:30 am	AOA Water Exercise	Lap	Cheryl S
10:30 - 11:25 am	SilverSneakers®	Lap	Cheryl K
11:30 - 12:25 pm	Arthritis Water Exercise	Lap	Cheryl S

Thursday

<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>
6:15 - 7:15 am	Water X Power	Lap	Sandi
9:30 - 10:30 am	Water X Power	Lap	Meghan
11:30 - 12:15 pm	Multiple Sclerosis (MS)	Lap	Cheryl K

Tuesday

<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>
6:15 - 7:15 am	Water X Power	Lap	Sandi
9:30 - 10:30 am	Water X Power	Lap	Sandi
11:30 - 12:15 pm	AOA water Fitness	Lap	Cheryl K
7:30 - 8:30 pm	Shallow Water X	Lap	Jill

Friday

<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>
8:30 - 9:25 am	Water X Power	Lap	Sandi
9:30 - 10:25 am	AOA Water Exercise	Lap	Cheryl S
10:30 - 11:15 am	SilverSneakers®	Lap	Kerry
11:30 - 12:25 pm	Arthritis Water Exercise	Lap	Kerry

Wednesday

<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>
8:30 - 9:25 am	Water X Power	Lap	Sandi
9:30 - 10:25 am	AOA Water Exercise	Lap	Cheryl S
10:30 - 11:25 am	Water X	Lap	Kerry
11:30 - 12:25 pm	Arthritis Water Exercise	Lap	Kerry

Saturday

<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>
7:45 - 8:45 am	Water X Power	Lap	Sandi

Sunday

<u>time</u>	<u>class</u>	<u>location</u>	<u>instructor</u>
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Bold = New Classes

Lap = Lap Pool

Please contact Megan at 763-230-6531 with any questions regarding Water Exercise Classes

All classes subject to cancellation due to low attendance.

Schedule also available at ymcatwincities.org