



AUBURN YMCA-WEIU Aquatic Group Exercise Classes

Reservations are required for all classes. For reservations call Y at 315-253-5304. Class size is limited.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15-8:00am						A-R Pool AquaHIIT with Lindsay
9:00-10:00am	Emerson Pool Deep Water Fitness with Deb Effective Oct. 5		Emerson Pool Deep Water Fitness with Deb No class on Oct. 21		Emerson Pool Deep Water Fitness with Deb Effective Oct. 5	
9:15-10:00am	Aquacize with Nancy A-R Pool Effective Oct 5		Aquacize with Linda A-R Pool Effective Oct 5		A-R Pool Aquacize with Barb Deep Water Challenge with Carolyn Effective Oct 5	
5:00-5:45pm		Emerson Pool Deep Water Fitness with Eileen Effective Oct. 15		Emerson Pool Deep Water Fitness with Eileen Effective Oct. 5		
6:00-6:45pm		Emerson Pool AquaHigh with Joan Effective Oct. 12		Emerson Pool AquaHigh With Joan Effective Oct. 12		

- * **Classes are open to Auburn and Skaneateles YMCA Members.**
- * **Reservations are required.**
- * **Class size is limited.**
- * **All participants and instructors are required to shower prior to entering the pool.**