



AUBURN YMCA-WEIU Aquatic Group Exercise Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:05-8:00am						A-R Pool AquaHIIT with Lindsay (Through 09/25)
8:30-9:30am	Emerson Pool Deep Water Fitness with Deb		Emerson Pool Deep Water Fitness with Deb		Emerson Pool Deep Water Fitness with Deb	
9:00-10:00am		AquaHIIT with Lindsay AR Pool		Aqua Blast w/ Weights with Lindsay AR Pool		
9:30-10:00am			Baby Fit! with Lindsay Emerson Pool			
9:15-10:00am	Aquacize with Nancy A-R Pool		Aquacize with Linda A-R Pool		Aquacize with Barb A-R Pool Deep Water Challenge with Carolyn Effective Oct 1	
6:00-7:00pm		Emerson Pool AquaHigh with Joan Deep Water Fitness with Eileen		Emerson Pool AquaHigh With Joan Deep Water Fitness with Eileen		

* Classes are open to Auburn and Skaneateles YMCA Members.

*All participants and instructors are required to shower prior to entering the pool.