



## AUBURN YMCA-WEIU Aquatic Group Exercise Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30-9:30am</b>	Emerson Pool <b>Deep Water Fitness</b> with Deb		Emerson Pool <b>Deep Water Fitness</b> with Deb		Emerson Pool <b>Deep Water Fitness</b> with Deb	
<b>9:00-10:00am</b>		<b>AquaHIIT</b> with Lindsay AR Pool		<b>Aqua Blast w/ Weights</b> with Lindsay AR Pool	<b>Deep Water Boot Camp</b> with Lindsay AR Pool	
<b>9:15-10:00am</b>	<b>Aquacize</b> with Nancy A-R Pool		<b>Aquacize</b> with Linda A-R Pool		<b>Aquacize</b> with Barb A-R Pool	
<b>6:00-7:00pm</b>		Emerson Pool <b>AquaHigh</b> with Joan  <b>Deep Water Fitness</b> with Eileen		Emerson Pool <b>AquaHigh</b> With Joan  <b>Deep Water Fitness</b> with Eileen		

**\* Classes are open to Auburn YMCA Members.**

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