








RECIPE FOR FITNESS: JUST ADD WATER

Water Fitness Schedule

Session 9: November 19 - December 30, 2023 (6 weeks)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOM MURRAY FAMILY AQUATICS CENTER

Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:35AM						
7:00AM						
8:00AM	PowerUp Karin Warm Water Pool 8:00AM-9:00AM	Cardio Intervals Karin Lap/Warm Water Pool 8:00AM-9:00AM	H2O Weights & Resistance Karin Warm Water Pool 8:00AM-9:00AM	Aqua Boot Camp Kathy Lap Pool & Warm Pool 8:00AM-9:00AM	Total Aqua Body Karin Lap/Warm Water Pool 8:00AM-9:00AM	
9:00AM	Aqua HIIT Karin Lap/Warm Water Pool 9:00AM-10:00AM	Aqua Power Karin Warm Water Pool 9:00AM-10:00AM	Aquabata Karin Lap/Warm Water Pool 9:00AM-10:00AM	Aqua Barre Michelle J. Warm Water Pool 9:00AM-10:00AM	Cardio Burn & Tone Karin Warm Water Pool 9:00AM-10:00AM	 Danielle Warm Water Pool 9:00AM-9:55AM
10:00AM	Aqua 123 Karin Warm Water Pool 10:00AM-11:00AM	Arthritis Aquatic Basics Karin Warm Water Pool 10:00AM-11:00AM	Aqua Burst Karin Warm Water Pool 10:00AM-11:00AM	Warm Water Weights Kathy H.. Warm Water Pool 10:00AM-11:00AM	Arthritis Aquatic Basics Karin Warm Water Pool 10:00AM-11:00AM	 Danielle Warm Water Pool 10:00AM-11:00AM
11:00AM						
Check Times						
Check Times	 Danielle Warm Water Pool 6:45PM -7:45PM		 LeeAnn/Dana M. Warm Water Pool 6:45PM-7:45PM			
			SUNDAY		 Danielle Warm Water Pool 10:00AM-11:00AM	

HEALTHY LIVING DIRECTOR:
WATER FITNESS INSTRUCTORS:

Kathy Hensler | khensler@bcfymca.org
Heidi Brandon, Danielle Duchame-Ward, Lee Ann Duda-Cimperman, Sarah Schneider, Karin Summers

- Ages 14 and up are welcome!
- Schedule is subject to change.
- Water Fitness classes can be strenuous. Consult with your physician before participating.
- Please bring water and avoid eating up to 30 minutes before taking a class.
- Participation indicates you have no physical condition or health problems.
- Reservations required. Reservations open up to 72 hours in advance and close 1 hour prior to class start.

ROSE E. SCHNEIDER FAMILY YMCA 2001 Ehrman Rd. Cranberry Twp., PA 16066 • 724.452.9122 • www.bcfymca.org

updated 11/01/23