

# active older adult

Updated on: 1/23/10

## West Suburban YMCA Spring 1 Session 2/1/10-3/28/10



### MONDAY

Time	Class	Location	Instructor
7:00-8:00	Senior Aerobics	Respect	Christine
8:00-8:45	Shallow Aquafit	Small Pool	Leslie
9:00-9:45	Shallow Aquafit	Small Pool	Leslie
9:00-9:45	Power Splash	Large Pool	Peter
10:10-11:10	Body Vive	Respect	Cathy O
11:15-12:00	SS Yoga Stretch	Respect	Kathy N

### TUESDAY

Time	Class	Location	Instructor
7:00-7:45	Senior Strength	Respect	Heidi
9:00-9:45	Senior Aerobics	Respect	Kathy N
9:00-9:45	Aqua Challenge	Large Pool	Linda
10:00-10:50	SS ROM	Respect	Trish
10:00-10:45	Senior Aqua	Small Pool	Laura
11:00-11:50	SS ROM	Respect	Kathy N
5:45-6:30	Aqua Fusion	Large Pool	Deb

### WEDNESDAY

Time	Class	Location	Instructor
7:00-8:00	Body Vive	Respect	Christine
8:00-8:45	Shallow Aquafit	Small Pool	Leslie
9:00-9:45	Shallow Aquafit	Small Pool	Mary
9:00-9:45	Power Splash	Large Pool	Laura
9:00-10:00	Body Vive	Responsibility	Cathy O
11:00-11:50	SS Yoga Stretch	Respect	Heidi

### THURSDAY

Time	Class	Location	Instructor
7:00-8:00	Senior Strength	Respect	Christine
9:00-9:45	Aqua Challenge	Large Pool	Linda
9:00-9:45	Senior Aerobics	Respect	Heidi
10:00-10:50	SS ROM	Respect	Trish
10:00-10:45	Senior Aqua	Small Pool	Laura
11:00-11:50	SS ROM	Respect	Trish
5:45-6:30	Aqua Fusion	Large Pool	Jennifer

### FRIDAY

Time	Class	Location	Instructor
7:00-7:45	SS Yoga Stretch	Respect	Heidi
8:00-8:45	Water Walking	Small Pool	-
9:00-9:45	Shallow Aquafit	Small Pool	Heidi
9:00-9:45	Power Splash	Large Pool	Jennifer
11:15-12:00	SS Yoga Stretch	Respect	Heidi

### SATURDAY

Time	Class	Location	Instructor
9:45-10:45	Body Vive	Respect	Cathy O
12:00-12:45	Aqua Fusion	Large Pool	Deb

Group exercise class descriptions can be found in the program and membership catalog on **pages 35-39**. For more information call the **West Suburban YMCA at (414) 302-9622**.

