

Active Older Adult

Updated 6/4/10

WEST SUBURBAN YMCA

Summer Session 6/7/10–9/5/10



MONDAY

Time	Class	Location	Instructor
7:00-7:45	Senior Strength	Respect	Christine
7:00-7:45	New Time!		
	Shallow Aquafit	Small Pool	Leslie
8:00-8:45	New Time!		
	Shallow Aquafit	Small Pool	Leslie/Heidi
9:00-9:45	Power Splash	Large Pool	Peter
10:15-11:15	Body Vive	Respect	Cathy O
11:15-12:00	SS Yoga Stretch	Respect	Heidi
5:45-6:45	Body Vive	Respect	Rotation

TUESDAY

Time	Class	Location	Instructor
7:00-7:45	SS Yoga Stretch	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	Kathy N
11:00-11:50	SS ROM	Respect	Laura
12:00-12:45	Senior Aqua	Small Pool	Mary W
5:45-6:30	Aqua Fusion	Large Pool	Deb

WEDNESDAY

Time	Class	Location	Instructor
7:00-8:00	Senior Aerobics	Respect	Christine
7:00-7:45	New Time!		
	Shallow Aquafit	Small Pool	Leslie
8:00-8:45	New Time!		
	Shallow Aquafit	Small Pool	Leslie
9:00-9:45	Power Splash	Large Pool	Heidi
9:00-10:00	Body Vive	Responsibility	Cathy O
11:15-12:00	SS Yoga Stretch	Respect	Heidi
5:45-6:45	Body Vive	Responsibility	Cathy O

THURSDAY

Time	Class	Location	Instructor
9:00-9:45	Aqua Challenge	Large Pool	Linda
9:00-9:45	Senior Aerobics	Respect	Heidi
10:00-10:50	SS ROM	Respect	Heidi
11:00-11:50	SS ROM	Respect	Laura/ Trish
12:00-12:45	Senior Aqua	Small Pool	Heidi
5:45-6:30	Aqua Fusion	Large Pool	Mary Kay

FRIDAY

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

SATURDAY

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

For group exercise class descriptions reference the current program and membership catalog or call the
WEST SUBURBAN YMCA at 414-302-9622.

