



West Aqua Fitness Classes

West YMCA

June 19th - August 27th

3700 Silver Lake Rd.
Traverse City, MI 49684
(231) 486-6357

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Splash & Tone Therapy Pool: Aqua Fitness 8am - 9am		Splash & Tone Therapy Pool: Aqua Fitness 8am - 9am		Splash & Tone Therapy Pool: Aqua Fitness 8am - 9am		
9am	Aqua Fit Therapy Pool: Low Impact 9am - 9:30am		Aqua Fit Therapy Pool: Low Impact 9am - 9:30am		Aqua Fit Therapy Pool: Low Impact 9am - 9:30am		
	Aqua Flex Therapy Pool: Low Impact 9:30am - 10am		Aqua Flex Therapy Pool: Low Impact 9:30am - 10am		Aqua Flex Therapy Pool: Low Impact 9:30am - 10am		
10am		Aqua Core Therapy Pool: Aqua Fitness 10am - 11am		Aqua Core Therapy Pool: Aqua Fitness 10am - 11am			
11am	Water Warrior Intermediate Therapy Pool: Aqua Fitness 11:30am - 12:15pm	Water Walking Therapy Pool: Low Impact 11am - 12pm	Water Warrior Intermediate Therapy Pool: Aqua Fitness 11:30am - 12:15pm	Water Walking Therapy Pool: Low Impact 11am - 12pm	Water Warrior Intermediate Therapy Pool: Aqua Fitness 11:30am - 12:15pm		
12pm	Water Warrior Advanced Therapy Pool: Aqua Fitness 12:15pm - 1pm		Water Warrior Advanced Therapy Pool: Aqua Fitness 12:15pm - 1pm		Water Warrior Advanced Therapy Pool: Aqua Fitness 12:15pm - 1pm		
6pm	Cardio Splash Therapy Pool: Aqua Fitness 6pm - 7pm	Deep Water Fit Lap Pool: Deep End 6pm - 6:45pm	Cardio Splash Therapy Pool: Aqua Fitness 6pm - 7pm	Deep Water Fit Lap Pool: Deep End 6pm - 6:45pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.