



Water Exercise Schedule

Hillsborough YMCA

Created: 2/22/2018

KEY:

MONDAY	CLASS	LOCATION
9:30 AM-10:30 AM	Aqua Exercise (3 Lanes)	Lap Pool
12:15 PM-1:00 PM	Aqua Yoga	Therapy Pool
TUESDAY	CLASS	LOCATION
9:30 AM-10:30 AM	Aqua Exercise (3 Lanes)	Lap Pool
WEDNESDAY	CLASS	LOCATION
9:30 AM-10:30 AM	Aqua Exercise (3 Lanes)	Lap Pool
THURSDAY	CLASS	LOCATION
9:30 AM-10:30 AM	Aqua Exercise (3 Lanes)	Lap Pool
FRIDAY	CLASS	LOCATION
9:30 AM-10:30 AM	Aqua Exercise (3 Lanes)	Lap Pool

CLASS DESCRIPTIONS

AQUA EXERCISE (3 LANES)

This program consists of a wide variety of exercises developed specifically for the water. Appropriate for swimmers and beginner swimmers.

AQUA YOGA

This class creatively adapts yoga for the pool. Elongate the entire body with conditioning exercises and building a stronger core.