



# Water Exercise Schedule

Hillsborough YMCA

Created: 1/18/2019

**KEY:**

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

## **CLASS DESCRIPTIONS**

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### **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.