



# DECATUR FAMILY YMCA WATER EXERCISE SCHEDULE

MONDAY				
TIME	CLASS	AGE	INST.	POOL
6:00-6:45 AM	POWER WAVES	12+	LIZ	LAP
8:30-9 AM	DEEP WATER	18+	MARCIA	LAP
9-10 AM	POWER WAVES	12+	DENISE	LAP
9:30-10:15 AM	ARTHRITIS	16+	NANCY	FAMILY
10-11 AM	POWER WAVES	12+	DENISE	LAP
10:15-11 AM	ARTHRITIS	16+	NANCY	FAMILY
1-1:45 PM	ARTHRITIS	16+	BETTY	FAMILY
5:00-5:45 PM	LEG & CORE	12+	LORI	FAMILY
7-7:45 PM	LEG & CORE	12+	BETTY	FAMILY
TUESDAY				
6-6:45 AM	POWER WAVES	12+	DENISE	LAP
8:45-9:30 AM	A+	16+	NANCY	FAMILY
9-10 AM	POWER WAVES	12+	DENISE	LAP
9:30-10:15 AM	A+	16+	NANCY	FAMILY
10:00-10:45 AM	TOTAL WATER	12+	DENISE	LAP
10:15-11 AM	ARTHRITIS	16+	NANCY	FAMILY
5-5:45 PM	POWER WAVES	12+	MARCIA	LAP
WEDNESDAY				
6-6:45 PM	POWER WAVES	12+	LIZ	LAP
8:30-9 AM	DEEP WATER	18+	DENISE	LAP
9-10 AM	POWER WAVES	12+	LISA	LAP
9:30-10:15 AM	ARTHRITIS	16+	NANCY	FAMILY
10-11 AM	POWER WAVES	12+	DENISE	LAP
10:15-11 AM	ARTHRITIS	16+	NANCY	FAMILY
1-1:45 PM	ARTHRITIS	16+	BETTY	FAMILY
5:00-5:45 PM	LEG & CORE	12+	MARCIA	FAMILY
7-7:45 PM	LEG & CORE	12+	BETTY	FAMILY
THURSDAY				
8:45-9:30 AM	A+	16+	NANCY	FAMILY
9-10 AM	POWER WAVES	12+	DENISE	LAP
9:30-10 AM	A+	16+	NANCY	FAMILY
10:00-10:45 AM	TOTAL WATER	12+	DENISE	LAP
10:15-11 AM	ARTHRITIS	16+	NANCY	FAMILY
5-5:45 PM	POWER WAVES	12+	MARCIA	LAP
FRIDAY				
6-6:45 AM	POWER WAVES	12+	DENISE	LAP
8:30-9 AM	DEEP WATER	18+	DENISE	LAP
9-10 AM	POWER WAVES	12+	LISA	LAP
9:30-10:15 AM	ARTHRITIS	16+	NANCY	FAMILY
10-11 AM	POWER WAVES	12+	DENISE	LAP
10:15-11 AM	ARTHRITIS	16+	NANCY	FAMILY
1-2 PM	ARTHRITIS	16+	BETTY	FAMILY
SATURDAY				
9-10 AM	POWER WAVES	12+	SHAWN	LAP

\*Shallow side of the Family Pool is available during water exercise classes. Schedule is subject to change pending swim meets and other special events.