



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP FUN WITHOUT THE SWEAT OR PAIN

# WESTFIELD YMCA POOL FITNESS SCHEDULE

DAY	TIME	CLASS	LOCATION	INSTRUCTOR
Monday	9:00AM	Pool Fitness *	Cole Pool	Sue
	11:00AM	AOA Pool Fitness	Small Pool	Sue
	5:10 PM	Poolates	Small Pool	Teri
Tuesday	8:30AM	Pool Fitness *	Cole Pool	Cindy
	8:30AM	Poolates *	Small Pool	Heidi
	10:30AM	Poolates Deep End	Small Pool	Teri
	1:00PM	AOA Pool Fitness	Small Pool	Sue
	6:05PM	Pool Fitness *	Cole Pool	Cindy
Wednesday	8:30AM	Pool Fitness *	Cole Pool	Sue
	11:00AM	AOA Pool Fitness	Small Pool	Sue
Thursday	8:30AM	Pool Fitness *	Cole Pool	Cindy
	8:30AM	Poolates	Small Pool	Heidi
	10:30AM	Poolates Deep End	Small Pool	Teri
	1:00PM	AOA Pool Fitness	Small Pool	Sue
	6:05PM	Pool Fitness *	Cole Pool	Teri
Friday	8:30AM	Pool Fitness *	Small Pool	Sue
	9:20AM	Poolates *	Small Pool	Teri

**Classes are 50 minutes/\*Denotes 45 minute class  
 This includes, set up and break down of the equipment.**