



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RECIPE FOR FITNESS: JUST ADD WATER

## Water Fitness Schedule Session 4: April 30 – June 10, 2023 TOM MURRAY FAMILY AQUATICS CENTER

Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:35AM						
7:00AM						
8:00AM	<b>Warm Water Weights</b> Karin Warm Water Pool 8:00AM-9:00AM	<b>Cardio Intervals</b> Karin Lap Pool 8:00AM-9:00AM	<b>H2O Weights &amp; Resistance</b> Karin Warm Water Pool 8:00AM-9:00AM	<b>Aqua Boot Camp</b> Michelle Lap Pool 8:00AM-9:00AM	<b>Total Aqua Body</b> Karin Lap/Warm Water Pool 8:00AM-9:00AM	
9:00AM	<b>Aqua HIIT</b> Karin Lap/Warm Water Pool 9:00AM-10:00AM	<b>Aqua Power</b> Karin Warm Water Pool 9:00AM-10:00AM	<b>Aquabata</b> Karin Lap/Warm Water Pool 9:00AM-10:00AM	<b>Aqua Barre</b> Michelle J. Warm Water Pool 9:00AM-10:00AM	<b>Cardio Burn &amp; Tone</b> Karin Warm Water Pool 9:00AM-10:00AM	 Danielle Warm Water Pool 9:00AM-9:45AM
10:00AM	<b>Aqua 123</b> Karin Warm Water Pool 10:00AM-11:00AM	<b>Arthritis Aquatic Basics</b> Karin Warm Water Pool 10:00AM-11:00AM	<b>Aqua Burst</b> Karin Warm Water Pool 10:00AM-11:00AM	 Dana M. Warm Water Pool 10:00AM-11:00AM	<b>Arthritis Aquatic Basics</b> Karin Warm Water Pool 10:00AM-11:00AM	 Danielle Warm Water Pool 10:00AM-10:45AM
11:00AM	<b>PowerUp</b> Karin Warm Water Pool 11:00AM-12:00PM					
<b>Check Times</b>						
<b>Check Times</b>	 Danielle Warm Water Pool 6:45PM -7:45PM		 LeeAnn/Dana M. Warm Water Pool 6:45PM-7:45PM			
<b>SUNDAY</b>			 Danielle Warm Water Pool 10:00AM-11:00AM			

**HEALTHY LIVING DIRECTOR:**  
**WATER FITNESS INSTRUCTORS:**

Kathy Hensler | [khensler@bcfymca.org](mailto:khensler@bcfymca.org)  
Heidi Brandon, Danielle Duchame-Ward, Lee Ann Duda-Cimperman, Dana Mikula, Sarah Schneider, Karin Summers

- Ages 14 and up are welcome!
- Schedule is subject to change.
- Water Fitness classes can be strenuous. Consult with your physician before participating.
- Please bring water and avoid eating up to 30 minutes before taking a class.
- Participation indicates you have no physical condition or health problems.