



Water Exercise Schedule
Fairfield Family YMCA
Spring 2012

Monday	9:00am	Arthritis	Jeanne Erb / Annette S.
	9:45am	Cardio Splash	Becky Ivey
	10:45am	Power Up	Jennifer Albinus
	11:15am	Golden Splash Arthritis	Edna Leugers
	7:15pm	Arthritis	Annette Sallans
	7:45pm	Cardio Splash	Janet Crocker
Tuesday	9:00am	Arthritis	Jeanne Erb
	9:45am	H2O Deep	Joletta Flannigan
	10:45am	Boot Camp	Jennifer Albinus
	10:50am	Ai Chi	Kathy Eckert
	12:00pm	Golden Splash	Russ Shepherd
Wednesday	9:00am	Arthritis	Jeanne Erb
	9:45am	Cardio Splash	Becky Ivey
	10:45am	Power Up	Jennifer Albinus
	11:15am	Golden Splash Arthritis	Edna Leugers
	12:00pm	Golden Splash	Russ Shepherd
	7:45pm	Cardio Splash	Janet Crocker
Thursday	9:00am	Arthritis	Joletta Flannigan
	9:45am	Cardio Splash	Joletta Flannigan
	10:45am	Boot Camp	Jennifer Albinus
	12:00pm	Golden Splash	Russ Shepherd
Friday	8:00am	Water Wake Up	Jo'Ann Meyer
	9:00am	H2O Deep	Becky Ivey
	9:00am	Arthritis	Jeanne Erb
	10:00am	H2-Cardi-O	Jennifer Albinus
	9:50am	Ai Chi	Kathy Eckert
	11:15am	Golden Splash Arthritis	Edna Leugers

Note about classes:

*Arthritis, Ai Chi, Golden Splash Arthritis classes are all in the Warm Water pool.

*Cardio Splash, Power-Up, Water Wake Up, Boot Camp, Golden Splash and H2O Deep are all held in the Lap Pool.