



Aquatic Exercise Schedule

NORTH HANOVER YMCA

Monday

7:00 am	Deep Water	25m Pool	Elizabeth
8:00 am	WIM Platinum	25m Pool	Breanna
9:00 am	WIM Original	25m Pool	Breanna
8:30am	Senior Aquacise	Rec Pool	Glenn
9:00am	Hinges & Twinges	Rec Pool	Glenn

Wednesday

7:00 am	Deep Water	25m Pool	Elizabeth
8:00 am	WIM Platinum	25m Pool	Breanna
9:00 am	WIM Strength	25m Pool	Breanna
8:30am	Senior Aquacise	Rec Pool	Glenn
9:00am	Hinges & Twinges	Rec Pool	Glenn

Friday

6:00am	Aquatic Class Location Instructor		
7:00 am	Deep Water	25m Pool	Breanna
8:00 am	WIM Platinum	25m Pool	Breanna
9:00 am	WIM Original	25m Pool	Breanna
8:30am	Senior Aquacise	Rec Pool	Glenn
9:00am	Hinges & Twinges	Rec Pool	Glenn

Sunday

Tuesday

7:00 am	WIM Strength	25m Pool	Breanna
8:00 am	Aqua Board	25m Pool	Breanna
9:00 am	WIM Deep	25m Pool	Breanna
7:50 am	Ai Chi	Rec Pool	Elizabeth
8:30 am	Aqua Function	Rec Pool	Elizabeth

Thursday

7:00 am	WIM Original	25m Pool	Breanna
8:00 am	Aqua Board	25m Pool	Breanna
9:00 am	WIM Deep	25m Pool	Breanna
7:50 am	Ai Chi	Rec Pool	Elizabeth
8:30 am	Aqua Function	Rec Pool	Elizabeth

Saturday

LOCATION KEY

25M= 25 M Pool

Rec= Rec Pool

* Child Watch available during this class.

Sign up for our
Group Me Messaging
for any schedule
changes or
cancellations.

25 M Pool Classes



Rec Pool Classes

