



AquaFit Calendar January 2012

Chino Valley YMCA AquaFit Classes

MONDAY-SATURDAY
MORNING 9:00-10:00 A.M.
MONDAY-THURSDAY
EVENING 6:00-7:00 P.M.

PLEASE NOTE:
YOU DO NOT NEED TO KNOW
HOW TO SWIM
TO PARTICIPATE
IN AQUAFIT.

QUESTIONS OR CONCERNS?
PLEASE CONTACT
TRACY NESHEIM
AQUATICS DIRECTOR
909.597.7445 OR
tracy@weymca.org
www.weymca.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 YMCA CLOSED	2 YMCA CLOSED	3 9-10 TRACY 6-7 TRACY	4 9-10 LYNN 6-7 JENNIE	5 9-10 JILL 6-7 TRACY	6 9-10 LYNN	7 9-10 JILL
8 Lynn brings a workout that incorporates tried and true water aerobic exercises with a mix of new exercises to keep you working hard, challenged and energized.	9 9-10 LYNN 6-7 JENNIE	10 9-10 TRACY 6-7 TRACY	11 9-10 LYNN 6-7 JENNIE	12 9-10 JILL 6-7 TRACY	13 9-10 LYNN	14 9-10 NO INSTRUCTOR (SELF GUIDED WORKOUT)
15 Jennie is ready to give you a workout that combines high cardio, strength training and flexibility in an energetic and motivating format.	16 9-10 LYNN 6-7 TRACY	17 9-10 TRACY 6-7 JENNIE	18 9-10 LYNN 6-7 JENNIE	19 9-10 TRACY 6-7 TRACY	20 9-10 LYNN	17 9-10 JILL
22 Jill 's interval workout is designed to increase strength & flexibility, utilizing low impact, basic AquaFit skills. This is a GREAT workout for everyone!	23 9-10 LYNN 6-7 JENNIE	24 9-10 TRACY 6-7 TRACY	25 9-10 LYNN 6-7 JENNIE	26 9-10 TRACY 6-7 TRACY	27 9-10 LYNN	28 9-10 JILL
29 Tracy focuses on building core strength and flexibility through low impact, high cardio and muscle toning. Look out for her ab workout.	30 9-10 LYNN 6-7 TRACY	31 9-10 TRACY 6-7 TRACY		INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE	For e-mail updates, please send your e-mail address to tracy@weymca.org	