



Water Fitness Schedule
March 1 - May 1
Updated 1/29/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:45 am	Aqua Body Blast Lisa H.	Cuff & Core Lori S.	Shallow Water Fit. Lori C.	Cuff & Core Lori S.	Shallow Water Fit. Lori C.	Hydro <i>Action</i> Mary J.
9:15-10:00 am	Easy Water Fit. Melanie	Shallow Water Fit. Lori C.	Easy Water Fit. Cari	Shallow Water Fit. Melanie	Easy Water Fit. Lori C.	
10:15-11:00 am					Deep Water Fit. Lori C.	
11:00-11:45 am	Deep Water Fit. Lori C.		Aqua Jogging Melanie			
3:00-3:45 pm		Deep Water Fit. Melanie		Deep Water Fit. Lori C.	Deep Water Fit. Melanie	

Reservations are required for all Water Fitness Classes - Maximum of 8 per class

Reservations can be made 3 days prior to the class on our website: www.newportymca.org, click on the Facility Reservation tab located at the top of the page or by calling our Welcome Center Staff at 401-847-9200 X 122. Do not leave a message for a reservation, this does not guarantee you a reservation. Failure to cancel your reservation 3 times will result in a \$10.00 charge.