



Fall Fitness Schedule October 18 - November 14

Updated 9/7/21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45 am	Aqua Body Blast Lisa H.	Cuff & Core Lori S.	Liquid Iron Lori C.	Cuff & Core Lori S.	Liquid Iron Lori C.	Hydro Action Mary J.	Aqua Body Blast Lisa H.
9:15-10:00 am	Easy Water Fit. Melanie	Shallow Water Fit. Lori C.	Easy Water Fit. Lori C.	Shallow Water Fit. Melanie	Easy Water Fit. Lori C.		
10:15-11:00 am					Deep Water Fit. Lori C.		
10:00-10:45 am		Aqua Anything Goes Jill		Aqua Anything Goes Jill			
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 number of people in the class is determined by the amount of space available for the class.

Reservations can be made 3 days prior to the class day and time 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.

Showering at the Y before swimming is required by RI Dept. of Health