



**Water Fitness Schedule      July 1 - August 13**  
**Updated 5/25/22**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>8:00-8:45 am</b>	Aqua Body Blast Lisa H.	Cuff & Core Lori S.	Shallow Water Fitness Lori C.	Cuff & Core Lori S.	Aqua Fit (shallow) Deb Huntington	Self Directed Water Fitness	Aqua Body Blast Lisa H.
<b>9:00-9:45 am</b>	Easy Water Fit. Melanie	Shallow Water Fit. Lori C.	Easy Water Fit. Lori C.	Shallow Water Fit. Melanie	Easy Water Fit. Lori C.		
<b>10:00-10:45 am</b>	Deep Water Fit. Lori C.	Aqua Equipment Mix Lori C.	Aqua Jogging Melanie		Deep Water Fit. Lori C.		
<b>3:30-4:15 pm</b>		Deep Water Fit. Melanie			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](http://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**