# Water Fitness Schedule

**Sept. 6 - Nov. 20**

**Updated 8/11/2022**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-8:45 am</td>
<td>Aqua Body Blast</td>
<td>Cuff &amp; Core</td>
<td>Shallow Water Fitness</td>
<td>Cuff &amp; Core</td>
<td>Aqua Fit (shallow)</td>
<td>Aqua Body Blast</td>
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<tr>
<td></td>
<td>Lisa H.</td>
<td>Lori S.</td>
<td>Lori C.</td>
<td>Lori S.</td>
<td>Deb Huntington</td>
<td>Lisa H.</td>
</tr>
<tr>
<td>9:00-9:45 am</td>
<td>Easy Water Fit.</td>
<td>Shallow Water Fit.</td>
<td>Easy Water Fit.</td>
<td>Shallow Water Fit.</td>
<td>Easy Water Fit.</td>
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<tr>
<td></td>
<td>Melanie</td>
<td>Lori C.</td>
<td>Lori C.</td>
<td>Melanie</td>
<td>Lori C.</td>
<td></td>
</tr>
<tr>
<td>10:00-10:45 am</td>
<td>Aqua Equipment Mix</td>
<td>Aqua Equipment Mix</td>
<td>Aqua Jogging</td>
<td>Deep Water Fit.</td>
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<tr>
<td></td>
<td>Lori C.</td>
<td>Lori C.</td>
<td>Melanie</td>
<td>Lori C.</td>
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</tr>
<tr>
<td>11:00-11:45 am</td>
<td>Deep Water Fit.</td>
<td>Aqua Jogging</td>
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<tr>
<td></td>
<td>Lori C.</td>
<td>Melanie</td>
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<tr>
<td>3:00-3:45 pm</td>
<td>Deep Water Fit.</td>
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<tr>
<td></td>
<td>Melanie</td>
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</table>

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