



Albany Area YMCA

WATER EXERCISE CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:00 a.m.	High Intensity Water Aerobics Jeanine	High Intensity Water Aerobics Emily	High Intensity Water Aerobics Emily	High Intensity Water Aerobics Jeanine	High Intensity Water Aerobics Jeanine
10:15-11:00 a.m.	Moderate Intensity Water Aerobics Emily		Moderate Intensity Water Aerobics Samantha		Moderate Intensity Water Aerobics Diane
2:00-2:45 p.m.		Low Intensity Water Aerobics Ivey		Low Intensity Water Aerobics Ivey	
6:00-6:45 p.m.	High Intensity Water Aerobics Brenda		High Intensity Water Aerobics Brenda		
7:00-7:45 p.m.	AquaZumba Samantha		AquaZumba Samantha		

High Intensity Water Aerobics Mon-Fri 8:15-9:00 a.m. - An intense cardio workout in the shallow end of the pool.

Non-member: \$65 Golden Key: \$50

Moderate Intensity Water Aerobics Mon/Wed/Fri 10:15-11:00 a.m. - A moderate to intense cardio workout in the shallow end of the pool.

Non-member: \$55 Golden Key: \$40

Low Intensity Water Aerobics Tues/Thurs 2:00-2:45 p.m. - A light to moderate cardio workout in the shallow end of the pool.

Non-member: \$50 Golden Key: \$28

High Intensity Water Aerobics Mon/Wed 6:00-6:45 p.m. - An intense cardio workout in the shallow end of the pool.

Non-member: \$50 Golden Key: \$28

AquaZumba Mon/Wed 7:00-7:45 p.m. - A choreographed "party in the pool" cardio workout in the shallow end of the pool.

Non-member: \$50 Golden Key: \$28

