



**AQUA EXERCISE SCHEDULE**  
**January 30, 2012-April 14, 2012**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
AQUA JOG (PA COPE) 9:00-9:55am <b>Gio</b>	AQUA JOG (PA COPE) 9:00-9:55am <b>Natalie</b>	AQUA JOG (PA COPE) 9:00-9:55am <b>Viwat</b>	AQUA JOG (PA COPE) 9:00-9:55am <b>Angie</b>	AQUA JOG (PA COPE) 9:00-9:55am <b>Sheila</b>	
Water Aerobics (Brookside) 9:00-10am <b>Viwat</b>	Water Aerobics (Brookside) 9:00-10am <b>Sheila</b>	Water Aerobics (Brookside) 9:00-10:00am <b>Angie</b>	Water Aerobics (Brookside) 9:00-10am <b>Sheila</b>	Water Aerobics (Brookside) 9:00-10am <b>Viwat</b>	
	*Aqua Flex (Brookside) 10-10:45am <b>Natalie</b>		*Aqua Flex (Brookside) 10-10:45am <b>Sheila</b>		
Physically Challenged (Pa Cope) 10:00-11:00 <b>Viwat</b>				Physically Challenged (Pa Cope) 10:00-11:00 <b>Sheila</b>	
*Aqua Flex (Pa Cope) 11-11:45am <b>Tamara</b>				*Aqua Flex (Pa Cope) 11-11:45am <b>Sheila</b>	Water Aerobics (Brookside) 11:05am-12pm <b>Dawn</b>
	AQUA JOG (PA COPE) 7:45-8:30PM <b>Sarah</b>		AQUA JOG (PA COPE) 7:45-8:30PM <b>Sarah</b>		

\*Please note that registration is required at the front desk for aqua flex or pre natal classes prior to the start of the nine week session.

IF YOU HAVE QUESTIONS ABOUT ANY OF THESE CLASSES PLEASE CONTACT VICKIE KOURTELIS,  
 (914)967-6363 ext. 108 or [Vickie@ryeymca.org](mailto:Vickie@ryeymca.org)