



# AQUA CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT
8:00AM	AQUA FIT (SHAYNA) 8:15am-9am	AQUA FIT (SHAYNA) 8:15am-9am	AQUA FIT (JACQUI) 8am-9am	AQUA FIT (KIM) 8am-9am	AQUA FIT (JACQUI) 8am-9am	
9:00AM			AQUA YOGA (DEBBIE OR JACQUI) 9am-9:45am		AQUA YOGA (JACQUI) 9am-9:45am	AQUA FIT II (LINDA) 9AM-10AM
11:00AM	AQUA FIT II (BARBARA) 11am-12pm		AQUA FIT II (BARBARA) 11am-12pm			
6:00PM		AQUA FIT II (LINDA) 6-6:45pm		AQUA FIT II (LINDA) 6-6:45pm		

## NEW POOL RULES

- Please call 622-9622 to register in advance, or stop by the Welcome Center to reserve your spot in class.
  - According to state and CDC, if you're unvaccinated or not fully vaccinated, we recommend you wear a mask upon entering the facility and until you enter the pool area.
  - Do not wear your mask while exercising in the pool.
- \*\*Registration is required on a monthly basis**



### Questions or Feedback?

Shayna Lester, Health & Wellness Coordinator at [shayna@kvymca.org](mailto:shayna@kvymca.org) or by calling 207-707-4771.