



YMCA Fairfax County Reston
FALL I September 04 - October 22, 2017

Building Hours
 Mon.- Fri. 5am - 10pm
 Saturday 7am - 9pm
 Sunday 8:m - 8:pm

Pool Hours
 Mon. - Fri. 5am - 9:45pm
 Saturday 7am-8:45pm
 Sunday 8am - 7:45pm

WATER AEROBIC SCHEDULE

Water Fitness

A combination of aerobics and strength training for all fitness levels.

Low Intensity

Low impact and slower Movements. Ideal for Pre-natal and Arthritis.

High Intensity

Higher impact and higher intensity to increase heart rate and improve fitness level.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDENSDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
7:00-7:45am High Impact VANESSA	6:30-7:15am Water Fitness VANESSA	6:30-7:15AM Water Fitness TERRI	6:30-7:15am High Impact VANESSA	6:30-7:15am Water Fitness TERRI		
8:30-9:15am Water Fitness LESLIE	8:30-9:15am Water Fitness TERRI/JODY	8:30-9:15am Water Fitness VANESSA	8:30-9:15am Water Fitness TERRI/JODY	8:30-9:15am Water Fitness LESLIE	7:15-8:00am Water Fitness TERRI	8:15-9:00am Water Fitness JODY
9:15-10:00am Low Impact LESLIE		9:15-10:00am Low Impact VANESSA		9:15-10:00am Low Impact LESLIE		
12:00-12:45pm Water Fitness VANESSA	12:00-12:45pm Water Fitness SUSAN	12:00-12:45pm Water Fitness VANESSA	12:00-12:45pm High Impact JODY	12:00-12:45pm Water Fitness SUSAN		
7:15-8:00pm Water Fitness NANCY		7:15-8:00pm Water Fitness TERRI	7:15-8:00pm Water Fitness NANCY			