

YMCA of Greenwich AquaFit Schedule

OLYMPIC POOL **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Friday
HydroFit 9:30-10:30am Dana		HydroFit 9:30-10:30am Dana	HIIT Boot Camp 6:30-7:30am Wendy	HydroFit 9:30-10:30am Dana
Water Walkers 12:00-1:30pm Lane 1	Water Walkers 9:30-11:00am Lane 1	Water Walkers 9:30-11:00am Lane 1	Water Walkers 9:30-11:00am Lane 1	Water Walkers 10:30am- 12:00pm Lane 1

ALUMNI POOL **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Friday
	AquaFit Combo 8:00-8:55am Lynne	AquaFit Combo 8:00-8:55am Lynne	AquaFit Combo 8:00-8:55am Lynne	
	Pathways 11:00am- 12:00pm	HydroFit 12:00-1:00pm Dana		HydroFit 12:00-1:00pm Dana
Senior Swim 1:30-2:30pm		Senior Swim 1:30-2:30pm		