

# Water Group Exercise Schedule

## YMCA OF RAPID CITY



| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <b>Early Birds i</b><br>6:00 am - 7:00 am<br>8-lane pool                       | <b>Women's Exercise i</b><br>8:45 am - 9:45 am<br>8-lane pool              | <b>Early Birds i</b><br>6:00 am - 7:00 am<br>8-lane pool                       | <b>Women's Exercise i</b><br>8:45 am - 9:45 am<br>8-lane pool              | <b>Early Birds i</b><br>6:00 am - 7:00 am<br>8-lane pool                       |
| <b>Aqua Boot Camp i</b><br>8:30 am - 9:30 am<br>4-lane pool                    | <b>Water Lilies &amp; Bullfrogs i</b><br>9:45 am - 10:45 am<br>8-lane pool | <b>Aqua Boot Camp i</b><br>8:30 am - 9:30 am<br>4-lane pool                    | <b>Water Lilies &amp; Bullfrogs i</b><br>9:45 am - 10:45 am<br>8-lane pool | <b>Aqua Boot Camp i</b><br>8:30 am - 9:30 am<br>4-lane pool                    |
| <b>Women's Exercise i</b><br>8:45 am - 9:45 am<br>8-lane pool                  |  | <b>Aqua Rock i</b><br>5:45 pm - 6:45 pm<br>8-lane pool                         | <b>Women's Exercise i</b><br>8:45 am - 9:45 am<br>8-lane pool              | <b>Active Older Adult Water Exercise i</b><br>1:00 pm - 2:00 pm<br>8-lane pool |
| <b>Arthritis Relief Exercise i</b><br>9:45 am - 10:45 am<br>Family pool        |  | <b>Arthritis Relief Exercise i</b><br>9:45 am - 10:45 am<br>Family pool        | <b>Aqua Rock i</b><br>5:45 pm - 6:45 pm<br>8-lane pool                     | <b>Arthritis Relief Exercise i</b><br>9:45 am - 10:45 am<br>Family pool        |
| <b>Water Lilies &amp; Bullfrogs i</b><br>9:45 am - 10:45 am<br>8-lane pool     |  | <b>Water Lilies &amp; Bullfrogs i</b><br>9:45 am - 10:45 am<br>8-lane pool     |  | <b>Water Lilies &amp; Bullfrogs i</b><br>9:45 am - 10:45 am<br>8-lane pool     |
| <b>Arthritis Relief Exercise i</b><br>10:45 am - 11:45 am<br>Family pool       |  | <b>Arthritis Relief Exercise i</b><br>10:45 am - 11:45 am<br>Family pool       |  | <b>Arthritis Relief Exercise i</b><br>10:45 am - 11:45 am<br>Family pool       |
| <b>Active Older Adult Water Exercise i</b><br>1:00 pm - 2:00 pm<br>8-lane pool |  | <b>Active Older Adult Water Exercise i</b><br>1:00 pm - 2:00 pm<br>8-lane pool |  |  |
| <b>Aqua Rock i</b><br>5:45 pm - 6:45 pm<br>8-lane pool                         |  | <b>Aqua Boot Camp i</b><br>5:45 pm - 6:45 pm<br>8-lane pool                    |  |  |