

Wayland Water Exercise Schedule

Effective 4/01/12 – 6/15/12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-7:00 am Athlete's Track Workout 1 st & 3 rd Kathy 2 nd & 4 th Participant Facilitated		6:00-7:00 am Masters SWIM Workout Joan		7:45- 9:00am Deep Water Running w/ rubber tubing, abs & stretch *** Jane	
8:00 - 9:00 am Interval Training w/muscle cond. *** Judy	8:00 -9:00 am Hydropower *** Stacey	8:00 -9:00 am Interval Training *** Bredt	8:00-9:00 am Deep Water Running *** Shayna/Kathy	8:00-9:00 am Brazilian Beat *** Cintia	8:00 -9:00 am Shallow Water Sprints *** Cintia	8:00 -9:00 am Hydropower with Aqua Ai Fusion *** Barbara
		9:00 - 10:00 am Masters SWIM Workout Joan	9:00-9:30 am Shallow Water Sprints w/Brenda PLUS 9:30-10:00am SWIM 1-2x/mo. ask JANE for dates	9:00 - 10:00 am Brazilian Beat & Gentle Joints (with some shallow) *** Cintia	9:00 - 9:15 am Hydrotone & Stretch *** Cintia	
10:30-11:30 am Gentle Joints Plus Lily	10:15-11:15 am Gentle Joints Plus Brenda	10:30-11:30 am Gentle Joints Lily	10:15-11:15 am Gentle Joints Plus Kathy			
6:15 - 7:15 pm Hydropower *** Shayna			6:15-7:15 pm Deep Water Running *** Kathy/Laila	*** = music class		

Director: Jane Polley, MS, RD, LDN

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