



Warlick Recreational Pool @ Warlick Family YMCA  
February 1st - February 28th

2221 Robinwood Road  
Gastonia, NC 28056  
7048309622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Open Swim</b> 5:30am - 8am	<b>Open Swim</b> 5:30am - 8am	<b>Open Swim</b> 5:30am - 8am	<b>Open Swim</b> 5:30am - 8am	<b>Open Swim</b> 5:30am - 8am		
8am	<b>Aqua Low</b> Sheila Bolick 8am - 8:50am	<b>Aqua Jam</b> Carmen Narvaez 8am - 9am	<b>Aqua Low</b> Sheila Bolick 8am - 8:50am	<b>Aqua Jam</b> Carmen Narvaez 8am - 9am	<b>Aqua Low</b> Sheila Bolick 8am - 8:50am	<b>Aqua HIIT</b> Marc Brooks 8am - 8:55am	
9am	<b>Aqua Fit</b> Susan Martin 9am - 9:55am	<b>Water Walk</b> 9am - 10am	<b>Aqua Fit</b> Jean Allen 9am - 9:55am	<b>Water Walk</b> 9am - 10am	<b>Aqua Fit</b> Susan Martin 9am - 9:55am	<b>Swim Lessons Recreational Pool</b> 9am - 12pm	
10am	<b>Aqua HIIT</b> Jeanne Maricle 10am - 11am		<b>Aqua Fit</b> Sharon Bean 10am - 11am		<b>Aqua HIIT</b> Jeanne Maricle 10am - 11am		
11am	<b>Aqua Chi</b> Nancy Rivas 11:15am - 12pm	<b>Open Swim with Splash Pad</b> 11am - 4pm	<b>Aqua Chi</b> Nancy Rivas 11:15am - 12pm	<b>Open Swim with Splash Pad</b> 11am - 4pm	<b>Aqua Chi</b> Nancy Rivas 11:15am - 12pm		
12pm	<b>Open Swim</b> 12pm - 4pm		<b>Open Swim</b> 12pm - 4pm		<b>Open Swim with Splash Pad</b> 12pm - 8pm		
1pm							<b>Open Swim with Splash Pad</b> 1pm - 5:30pm
2pm		<b>Closed for Cleaning</b> 2pm - 3pm					
4pm		<b>Swim Lessons Recreational Pool</b> 4pm - 6pm	<b>Swim Lessons Recreational Pool</b> 4pm - 6pm	<b>Swim Lessons Recreational Pool</b> 4pm - 6pm			
6pm	<b>Aqua Fit</b> Rebecca Belli 6:30pm - 7:30pm	<b>Aqua HIIT</b> Marc Brooks 6:30pm - 7:30pm	<b>Aqua Fit</b> Susan Martin 6:30pm - 7:30pm	<b>Aqua Fit</b> Kelly Dow 6:30pm - 7:30pm			
7pm	<b>Open Swim</b> 7:30pm - 8pm	<b>Open Swim</b> 7:30pm - 8pm	<b>Open Swim</b> 7:30pm - 8pm	<b>Open Swim</b> 7:30pm - 8pm			
8pm	<b>Pool Closes</b> 8pm - 8pm	<b>Pool Closes</b> 8pm - 8pm	<b>Pool Closes</b> 8pm - 8pm	<b>Pool Closes</b> 8pm - 8pm	<b>Pool Closes</b> 8pm - 8pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



## Class Descriptions Warlick Family YMCA

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**Aqua Chi** - This class combines the best of water and Tai Chi for a great workout.

**Aqua Fit** - Aqua Fit uses a varying degree of intensity for a great workout. This class includes cardio and all over body workout. Varied exercises target arms, legs, and core with cool down and stretch

**Aqua HIIT** - High Intensity Interval training in the water. All levels will benefit from this class. Join us!

**Aqua Jam** - Enjoy the fun of dancing and great music with little or no impact on your joints in an exciting and invigorating aqua dancing class.

**Aqua Low** - A class for everyone, especially for those with joint ailments or injuries. Get fit with this moderate water workout. After a warm-up, you'll ease into the exercises using your own body weight and the resistance of the water.

**Closed for Cleaning** - The pool will close for approximately one hour for vacuum.

**Open Swim** - The pool is open for all to enjoy during this time.

**Open Swim with Splash Pad** - Open Swim in Recreational Pool with the Splash Pad open.

**Swim Lessons Recreational Pool** - Swim lessons are taking place in the Recreational pool during this time. There is no open swim during swim lessons.

**Water Walk** - Enjoy an hour of walking and talking with your Y pool buddies.