







RECIPE FOR FITNESS: JUST ADD WATER

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Fitness Schedule Summer 2025 | June 1st – August 30th

TOM MURRAY FAMILY AQUATICS CENTER

Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:35AM						
7:00AM						
8:00AM	PowerUp Karin S. Warm Water Pool 8:00AM-9:00AM	Cardio Intervals Karin S. Lap/Warm Water Pool 8:00AM-9:00AM	H2O Weights & Resistance Karin S. Warm Water Pool 8:00AM-9:00AM	Aqua Boot Camp Michelle J. Lap Pool & Warm Pool 8:00AM-9:00AM	Total Aqua Body Adam Lap/Warm Water Pool 8:00AM-9:00AM	
9:00AM	Aqua 123 Karin S. Lap/Warm Water Pool 9:00AM-10:00AM	Aqua Power Karin S. Warm Water Pool 9:00AM-10:00AM	Aquabata Karin S. Lap/Warm Water Pool 9:00AM-10:00AM	Aqua Cardio/Barre Michelle J. Warm Water Pool 9:00AM-10:00AM	Cardio Burn & Tone Adam Warm Water Pool 9:00AM-10:00AM	 Danielle Warm Water Pool 9:30AM-10:25AM
10:00AM	Small Group* Karin S. Warm Water Pool 10:15AM-11:15AM	Arthritis Aquatic Basics Karin S. Warm Water Pool 10:00AM-11:00AM	Small Group* Karin S. Warm Water Pool 10:15AM-11:15AM	Warm Water Weights Cindy Warm Water Pool 10:00AM-11:00AM	Arthritis Aquatic Basics Adam Warm Water Pool 10:00AM-11:00AM	
11:00AM						
Evening Classes	 Danielle Warm Water Pool 6:45PM -7:45PM	**Aqua Tabatas Michelle J. Warm Water Pool 6:45PM-7:45PM **Starts week of 6/9	 LeeAnn/Michelle/Cindy Warm Water Pool 6:45PM-7:45PM	**Aqua Tabatas Michelle J. Warm Water Pool 6:45PM-7:45PM **Starts week of 6/9		
			SUNDAY		 Danielle Warm Water Pool 10:00AM-11:00AM	

HEALTHY LIVING DIRECTOR: Kathy Hensler | khensler@bcfymca.org

- * Denotes a fee-based program.
- Ages 14 and up are welcome!
- Schedule is subject to change.
- Water Fitness classes can be strenuous. Consult with your physician before participating.
- Please bring water and avoid eating up to 30 minutes before taking a class.
- Participation indicates you have no physical condition or health problems.
- Reservations required. Reservations open up to 72 hours in advance and close 1 hour prior to class start.

ROSE E. SCHNEIDER FAMILY YMCA 2001 Ehrman Rd. Cranberry Twp., PA 16066 • 724.452.9122 • www.bcfymca.org

updated 5/27/25