

Wayland Water Exercise Schedule

Effective 1/1/12 – 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 *** Brenda/Rotating	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 Total Body Shallow (with a little deep) Kathy		9:00 - 10:00 am Masters SWIM Workout Joan		9:00 - 10:00 am Gentle Joints *** Cintia	9:00 - 9:15 am Hydrotone & Stretch *** Cintia	
10:30-11:30 am Gentle Joints Plus Lily	10:30-11:30 am Gentle Joints Plus Brenda	10:30-11:30 am Gentle Joints Lily	10:30-11:30 am Gentle Joints Plus Kathy			
6:15 - 7:15 pm Hydropower *** Shayna	6:00 - 7:00 pm Gentle Points Plus Lily		6:15-7:15 pm Deep Water Running *** Kathy/Laila	*** = music class		

Director: Jane Polley, MS, RD, LDN

Tel: 508 653 4633 ext. 213

jpolley@longfellowsportsclub.com