



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS CLASSES

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<u>8:00-8:50</u> Aquacise Gail <u>RP</u>		<u>8:00-8:50</u> Aquacise Gail <u>RP</u>	<u>8:30-9:20</u> Boot Camp Gail <u>CP</u>	<u>8:00-8:20</u> Aquacise Pop-Up class March 15th Gail
<u>9:00-9:50</u> Aquacise Gail <u>RP</u>	<u>9:30-10:30</u> Zumba ® Angie <u>RP</u> <u>New</u>	<u>9:00-9:50</u> Aquacise Gail <u>RP</u>	<u>9:30-10:20</u> Aqua Deep Jean <u>CP</u> <u>NEW</u>	<u>9:30-10:20</u> Zumba ® Angie <u>RP</u>
<u>11:00-11:50</u> Aqua Fit Shallow Nancy <u>RP</u> Registration required		<u>10:30-11:20</u> Aqua Fit Shallow Jessica <u>RP</u>	<u>10:00-11:00</u> Water Volleyball RP	<u>11:00-11:50</u> Aqua Fit Shallow Nancy <u>RP</u> Registration required
	<u>6:30-7:20pm</u> Zumba ® Angie <u>RP</u>		<u>6:30-7:20pm</u> Zumba ® Angie <u>RP</u>	

Due to demand, we are asking all members to take one class per day.
Class size is restricted to 25 participants in the recreation pool.



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