



Aquatic Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:30 am	Aquarobics		Aquarobics		Aquarobics
7:45-8:30 am	Water Run **		Water Run **		Water Run **
8:00-8:45 am		Aqua Zumba ®			
8:30-9:15 am	Water Fitness		Water Fitness		Water Fitness
9:00-9:45 am		Arthritis Water Exercise		Arthritis Water Exercise	
9:30-10:30 am			Multiple Sclerosis Exercise		
12:00-12:45 pm	Water Fitness		Water Fitness		Water Fitness
12:00-1:00 pm		Aquarobics		Aquarobics	
5:30-6:30 pm	Aquarobics		Aquarobics		Aquarobics

** Water Run will be held in the Deep Pool. All other classes will be held in the Shallow Pool.
 For more information, please visit our website at www.youngstownymca.org