



# Aquatic Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:30 a.m.	Aquarobics		Aquarobics		Aquarobics
7:45-8:30 a.m.	Water Run **		Water Run **		Water Run **
8:30-9:15 a.m.	Water Fitness		Aqua Zumba®		Water Fitness
9:30-10:30 a.m.			Arthritis Water Exercise and Multiple Sclerosis Exercise		
12:00-1:00 p.m.		Aquarobics	Aquarobics	Aquarobics	
5:30 -6:30 p.m.	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 [YoungstownYMCA.org](http://YoungstownYMCA.org)**