

# CENTRAL YMCA WATER FITNESS Winter 1 2019

Monday	Tuesday	Wednesday	Thursday	Friday
AQUAROBICS 6:30-7:30 a.m.		AQUAROBICS 6:30-7:30 a.m.		AQUAROBICS 6:30-7:30 a.m.
WATER RUN** 7:45-8:30 a.m.		WATER RUN** 7:45-8:30 a.m.		WATER RUN** 7:45-8:30 a.m.
WATER FITNESS 8:30-9:15 a.m.		WATER FITNESS 8:30-9:15 a.m.		WATER FITNESS 8:30-9:15 a.m.
		MULTIPLE SCLEROSIS EXERCISE 9:30-10:30 a.m.		
WATER FITNESS 12:00-12:45 p.m.	AQUAROBICS 12:00-1:00 p.m.	WATER FITNESS 12:00-12:45 p.m.	AQUAROBICS 12:00-1:00 p.m.	
AQUAROBICS 5:30-6:30 p.m.		AQUAROBICS 5:30-6:30 p.m.		AQUAROBICS 5:30-6:30 p.m.

\*\* Water run will be held in Deep Pool. All other classes will be held in the shallow pool. Classes with consistent low attendance may be cancelled.

For more information, please visit [YoungstownYMCA.org](http://YoungstownYMCA.org)

Updated 1/04/19