

Pool Fitness Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|----------|
| 8:00-9:00am Aqua Aerobics | | 8:00-9:00am Aqua Aerobics | | 8:00-9:00am Aqua Aerobics | |
| | 9:00-10:00am SilverSplash | | 9:00-10:00am SilverSplash | | |
| 9:15-10:00am Aqua Yoga | | | | 9:15-10:00am Aqua Yoga | |
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Please register at the front desk at the beginning of each month for classes. Class schedules are subject to change. Please remember: After 6:00pm, youth under the age of 13 are NOT permitted access to the YMCA unless accompanied by a parent/ guardian or registered in a YMCA Program.