the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DID YOU KNOW THAT THE FOLLOWING CLASSES ARE FREE IF YOU ARE A MEMBER OF THE YMCA?

Mon, 6:00 am - 8:30 am - Lap Swim (pool)
Mon, 4:30 pm - Aqua 1/2 and 1/2 (pool)
Mon, 6:00 pm - AquaDANCE (pool)
Mon, 6:45 pm - Power Hour
Tues, 6:00 am - 8:30 am - Lap Swim (pool)
Tues, 8:15 am - Power Hour
Tues, 9:30 am - Silver Sneakers Classic
Tues, 6:00 pm - Aqua Total Body Blast (pool)
Tues, 6:30 pm - Cardio Blast
Wed, 6:00 am - 8:30 am - Lap Swim (pool)
Wed, 10:15 am - Silver Sneakers Yoga Stretch
Wed, 4:00 pm - Aqua 1/2 and 1/2 (pool)
Thurs, 6:00 am - 8:30 am - Lap Swim (pool)
Thurs, 8:15 am - Power Hour
Thurs, 6:00 pm - Aqua Total Body Blast (pool)
Thurs, 6:45 pm - Power Core & Cardio
Fri, 6:00 am - 8:30 am - Lap Swim (pool)
Fri, 10:30 am - Silver Sneakers Classic
Fri, 1:00 pm - Lap Hour (pool)
Fri, 4:30 pm - Aqua 1/2 and 1/2
Sat, 9:00 am - Mix Class
Sat, 9:00 am - 4:30 pm - Lap Swim (pool)
Sun, 1:00 pm - 4:30 pm - Lap Swim (pool)