

CENTRAL YMCA WATER FITNESS WINTER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:15am WATER FITNESS		8:30-9:15am WATER FITNESS		8:30-9:15am WATER FITNESS	10:00-10:45am WATER FITNESS
	12:00-1:00pm AQUAROBICS		12:00-1:00pm AQUAROBICS		
5:30-6:30pm AQUAROBICS		5:30-6:30pm AQUAROBICS		5:30-6:30pm AQUAROBICS	

All classes will be held in the Shallow Pool unless indicated otherwise
 Classes with consistent low attendance may be cancelled.

1/1/2024

