

CENTRAL YMCA

WATER FITNESS SCHEDULE

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WATER FITNESS 8:30-9:15am		WATER FITNESS 8:30-9:15am		WATER FITNESS 8:30-9:15am	WATER FITNESS 10:00-11:00am
	AQUAROBICS 12:00-1:00pm		AQUAROBICS 12:00-1:00pm		
AQUAROBICS 5:30-6:30pm	AQUAYOGA 5:30-6:15pm	AQUAROBICS 5:30-6:30pm		AQUAROBICS 5:30-6:30pm	

All classes will be held in the shallow pool unless indicated otherwise.

Classes with consistent low attendance may be cancelled.

For more information, please visit YMCAYO.org

Updated 10/12/25