

Water Aerobics-Charlotte Ave. Fall 2009

YMCA 329-9622
 Aquatics Director EXT.229
 Swim Lessons EXT.254
 Pool Area EXT 240
 Pool Parties EXT. 222

INDOOR POOL Winter 2009

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
9:00-10:00am		Water Aerobics		Water Aerobics		Water Aerobics	
10:00-11:00am	Arthritis Class	Water Yoga w/ Amanda	Arthritis Class	Water Yoga W/ Amanda	Arthritis Class		
6:00-6:45pm	Prenatal Exercise		Prenatal Exercise				
6:00-7:00pm	Deep Water w/ Heidi Level-2/3	Water Aerobics w/Alice L1-2	Deep Water w/Wendy Level-2/3	Water Aerobics w/Alice Level-1/2	Water Aerobics w/Lynn	Attention: All Children 12 and under must be accompanied by an adult at all times!	

Indoor Cycle classes -Winter/2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30AM W/ Robert	5:45-6:30AM w/ Frank	5:45-6:30AM w/ Robert	5:45-6:30AM w/ Michelle			
12:15-1:00 PM w/ Trish Sacco	9:15-10:00 AM w/ Michelle/Amy	12:15-1:00 PM w/Deb Reeves	9:15-10:00 AM w/ Rainey			
6:00-7:30PM open ride	6:00-6:45 PM w-Diane M	6:00-7:00PM Core w/ Jim	6:00-7:00PM w/ Caroline			

The YMCA reserves the right to change this schedule when necessary without notice.

Revised 12-02-09-Debbie M Rast