



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Monroe Family YMCA Water Fitness Schedule Winter 2020

Monday:

8:00am-9:00 am	Deep Water	Glenda
9:00am-10:00am	Water Aerobics	Karen
10:00am-11:00am	Arthritis	Jodi
11:00am-11:45pm	Ai Chi	member-run
1:30pm-3:00pm	Water Walking	open

Tuesday:

8:00am-9:00 am	Water Walking	open
9:00am-10:00am	Beginner/ Senior	Mary Lou
10:00am-10:45am	Aqua Zumba	Michelle
1:30pm-3:00pm	Water Walking	open
6:30pm-7:30pm	Aqua Zumba	Eira

Wednesday:

8:00am-9:00 am	Deep Water	Glenda
9:00am-10:00am	Water Aerobics	Karen
10:00am-11:00am	Arthritis	Jessica

11:00am-11:45pm	Ai Chi	member-run
1:30pm-3:00pm	Water Walking	open

Thursday:

8:00am-9:00 am	Water Walking	open
9:00am-10:00am	Beginner/ Senior	Mary Lou
10:00-10:45am	Aqua Zumba	Eira
1:30pm-3:00pm	Water Walking	open
6:30pm-7:30pm	Water Aerobics	Sharon

Friday:

8:00am-9:00 am	Deep Water	Karen
9:00am-10:00am	Water Aerobics	Karen
10:00am-11:00am	Arthritis	Mary Lou
1:30pm-3:00pm	Water Walking	open

Saturday:

8:00am-9:00am	Water Walking	open
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