



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Monroe Family YMCA Water Fitness Schedule WINTER 2019

Monday:

8:00am-9:00 am	Deep Water	Betsy
9:00am- 10:00am	Water Aerobics	Karen
10:00am- 11:00am	Arthritis	Karen
11:00am- 11:45pm	Ai Chi	member-run
1:30pm-3:00pm	Water Walking	open
6:30pm-7:30pm	Water Aerobics	Sharon

Tuesday:

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

Wednesday:

8:00am-9:00 am	Deep Water	Glenda
9:00am- 10:00am	Water Aerobics	Karen
10:00am- 11:00am	Arthritis	Karen
11:00am- 11:45pm	Ai Chi	member-run
1:30pm-3:00pm	Water Walking	open
6:30pm-7:30pm	Water Aerobics	Sharon

Thursday:

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

Friday:

8:00am-9:00 am	Deep Water	Betsy
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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