



**FRIDAY**

**Aqua Sculpting with Debbie  
6:15 - 7:00 A.M.**

**Tabata H2o with Rebekah  
9:00 - 9:45 A.M.**

**Arthritis with Debbie  
9:45 - 10:30 A.M.**

**H2o Walking with Mellisa  
2:15 - 3:00 P.M.**

**Hydro Kickboxing with Rebekah  
6:00 - 6:45 P.M.**

**SATURDAY**

**Arthritis with Mellisa/Rebekah  
8:15 - 9:00 A.M.**

**AQUATICS**

**HOBART FAMILY YMCA**