

<p>M</p> <p>Aqua Sculpting Debbie (1,2) 6:15 – 7:00 am</p> <p>Aqua Jog Rebekah (1,2,3) 9:00 – 9:45 am</p> <p>Aqua Arthritis Debbie (1) 9:45 – 10:30 am \$24/members – 8 weeks \$48/nonmembers – 8 weeks</p> <p>*MRC Water Workout Debbie (1) 10:30 – 11:15 am \$20/members – 8 weeks \$40/nonmembers – 8 weeks</p>	<p>T</p> <p>Aqua Zumba® Janice (1,2,3) 9:00 – 9:45 am</p> <p>Pilates h2O Debbie (1,2) 9:45 – 10:30 am \$8/members – 8 weeks \$24/nonmembers – 8 weeks</p> <p>Water Volleyball Adults Only (1,2,3) 1:00 – 2:45 pm</p>	<p>W</p> <p>Aqua Sculpting Debbie (1,2) 6:15 – 7:00 am</p> <p>Aquacise Rebekah (1,2) 9:00 – 9:45 am</p> <p>Aqua Arthritis Debbie (1) 9:45 – 10:30 am \$24/members – 8 weeks \$48/nonmembers – 8 weeks</p>	<p>Th</p> <p>Aqua Zumba® Janice (1,2,3) 6:00 – 6:45 am</p> <p>Aqua Zumba® Janice (1,2,3) 9:00 – 9:45 am</p> <p>Pilates h2O Debbie (1,2) 9:45 – 10:30 am \$8/members – 8 weeks \$24/nonmembers – 8 weeks</p>	<p>F</p> <p>Aqua Sculpting Debbie (1,2) 6:15 – 7:00 am</p> <p>Aqua Arthritis Debbie (1) 9:45 – 10:30 am \$24/members – 8 weeks \$48/nonmembers – 8 weeks</p> <p>Tabata h2O Rebekah (2,3) 9:00 – 9:45 am</p>	<p>S</p>
<p>H2O Walking Mellisa(1) 2:15 – 3:00 pm</p> <p>Aqua Arthritis Mellisa (1) 6:15 – 7:00 pm \$8/members – 8 weeks \$24/nonmembers – 8 weeks</p> <p>Aqua Jog Mellisa (1) 7:00 – 7:45 pm</p>	<p>Tabata Tuesday Patricia (2,3) 6:30 – 7:15 pm</p>	<p>H2O Walking Mellisa (1) 2:15 – 3:00 pm</p>	<p>h2O Circuit Patricia (2,3) 6:30 – 7:15 pm</p> <p>Water Volleyball Adults Only (1,2,3) 7:15 – 8:45 pm</p>	<p>H2O Walking Mellisa (1) 2:15 – 3:00 pm</p> <p>Hydro Kickboxing Rebekah (1,2,3) 6:00 – 6:45 pm</p>	<p>Su</p> <p>Morning Tranquility Rebekah (1) 9:15 – 10:00 am \$8/members – 8 weeks \$24/nonmembers – 8 weeks</p>

FREE FOR MEMBERS!

Unless there is a price listed these classes are FREE for YMCA Members! No need to register for our free for members classes, just come on in and have fun & stay fit with us!

BRING A FRIEND!

Non-member participants must visit the Welcome Center to complete a waiver & pay a \$5 fee before participating in any fitness classes.

SCHEDULE GUIDE

(Class Level) 1 Beginner; 2 Moderate, 3 Advanced
Highlighted Class(s) have a fee & require advanced registration. *MRC Class is dedicated to Maria Reiner Center Members.