



WATER EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM		AquaTabata - J		AquaTabata - J		
9:00 AM	Deep Ease - T		Deep Ease - T		Deep Tabata-J	
9:15 AM	Deep - May 10 - J			Kick It - Amanda	May 28-T	
10:00 AM	Power Waves - J		Power Waves - J		Power Waves - J	
					May 28-T	
11:00 AM	Deeply Fit - J		Deeply Fit - J		Deeply Fit - S	
12:00 PM	Smooth Moves - S	Smooth Moves - AF	Smooth Moves - S		50's Friday - S	
6:00 PM		Kick It Class		Kick It Class	<p>For more information on our classes, contact: Shelly Vitelli - Water Fitness Coordinator at 717-273-2691 or mvitelli@lebanonymca.org</p> <p>MAY 2021</p>	