



WATER EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	EZ Aqua - T	AquaTabata - J	EZ Aqua - T	AquaTabata - J		
8:45 AM		Water Walk - J		Water Walk - J		
9:00 AM	Deep Ease - T		Deep Ease - T		Deep Tabata-J	
9:15 AM		Kick It- M/M		Kick It - Amanda		
10:00 AM	Power Waves - J		Power Waves - J		Power Waves - J	
11:00 AM	Deeply Fit - J		Deeply Fit - J		ABBSolutely Deep	
12:00 PM	Smooth Moves - S		Smooth Moves - S		50's Friday - S	
12:15 PM		Smooth Moves - AF				
1:00 PM	Open Volley Ball		Open Volley Ball		Open Volley Ball	
6:00 PM	Aqua Free Style		Aqua Free Style			
					<p>For more information on our classes, contact: Shelly Vitelli - Water Fitness Coordinator at 717-273-2691 or mvitelli@lebanonymca.org</p> <p>FALL 2021</p>	