



# WATER EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00 AM</b>	Smooth Moves - T	AquaTabata - J	Smooth Moves - T	AquaTabata - J		
<b>8:45 AM</b>		Water Walk - J		Water Walk - J		
<b>9:00 AM</b>	Deep Ease - T		Deep Ease - T		Deep Tabata-J	
<b>9:15 AM</b>		Kick It- M/M		Kick It - Amanda		
<b>9:00 a.m.</b>						
<b>10:00 AM</b>	Power Waves - J		Power Waves - J		Power Waves - J	
<b>9:15 a.m.</b>						
<b>11:00 AM</b>	Deeply Fit - J		Deeply Fit - J		ABBSolutely Deep	
<b>12:00 PM</b>	Smooth Moves - S		Smooth Moves - S		50's Friday - S	
<b>1:00 PM</b>	Open Volley Ball		Open Volley Ball		Open Volley Ball	

For more information on our classes, contact: Shelly Vitelli - Water Fitness Coordinator at 717-273-2691 or [mvitelli@lebanonymca.org](mailto:mvitelli@lebanonymca.org)

**Winter 2022**