WATER EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Smooth Moves - T	AquaTabata - J	Smooth Moves - 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		
9:00 a.m.						
10:00 AM	Power Waves - J		Power Waves - J		Power Waves - J	
9:15 a.m.						
11:00 AM	Deeply Fit - J		Deeply Fit - J		ABBSolutely Deep	
12:00 PM	Smooth Moves - S		Smooth Moves - S		50's Friday - S	
1:00 PM	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

Summer 2022