



WATER EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|------------------|------------------|------------------|------------------|------------------|----------|
| 8:00 AM | Smooth Moves | AquaTabata | Smooth Moves | AquaTabata | | |
| 8:45 AM | | Water Walk | | Water Walk | | |
| 9:00 AM | Deep Ease | | Deep Ease | | Deep Tabata | |
| 9:30 AM | | Kick It Bootcamp | | Kick It Bootcamp | | |
| 10:00 AM | Power Waves | | Power Waves | | Power Waves | |
| 11:00 AM | Deeply Fit | Master Swim | Deeply Fit | | ABBSolutely Deep | |
| 12:00 PM | Smooth Moves | | Smooth Moves | Master Swim | 50's Friday | |
| 1:00 PM | Open Volley Ball | | Open Volley Ball | | Open Volley Ball | |
| 6:00 PM | | | | | | |
| | | | | | | |
| | | | | | | |

For more information on our classes,
 contact: Shelly Vitelli - Water Fitness
 Coordinator at 717-273-2691 or
 mvitelli@lebanonymca.org
March 2023