



# WATER EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	**Sunday**
<b>8:00 AM</b>	Smooth Moves	AquaTabata	Smooth Moves	AquaTabata		
<b>8:45 AM</b>		Water Walk		Water Walk		
<b>9:00 AM</b>	Deep Ease		Deep Ease		Deep Tabata	
<b>9:30 AM</b>		Kick It Bootcamp		Kick It Bootcamp		
<b>10:00 AM</b>	Power Waves		Power Waves		Use Your Noodle	
<b>11:00 AM</b>	Deeply Fit	Master Swim	Wild Card WED		Deeply Fit	Master Swim
<b>12:00 PM</b>	Smooth Moves		Smooth Moves	Master Swim	50's Friday	
<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

**Fall/Winter 2023**