



WATER EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

| | Monday | Tuesday | Wednesday | Thursday | Friday | **Sunday** |
|-----------------|------------------|------------------|------------------|------------------|--|-------------|
| 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 | | Free Form Friday | |
| 11:00 AM | Deeply Fit | Master Swim | Wild Card WED | | Deeply Fit | Master Swim |
| 12:00 PM | Smooth Moves | | Smooth Moves | Master Swim | 50's Friday | |
| 1:00 PM | Open Volley Ball | | Open Volley Ball | | Open Volley Ball | |
| | | | | | <p>For more information on our classes, contact: Shelly Vitelli - Water Fitness Coordinator at 717-273-2691 or mvitelli@lebanonymca.org</p> <p>Summer 2024</p> | |
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