

YMCA Water Aerobics

Free to Members

Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics 8:30am-9:30am Lanie	Water Aerobics 8:30am-9:30am Meredith	Water Aerobics 8:30am-9:30am Lanie	Water Aerobics 8:30am-9:30am Meredith	Water Aerobics 8:30am-9:30am Lanie/Meredith
	Arthritis Water Aerobics 12:00pm-12:30pm Health Department		Arthritis Water Aerobics 12pm-12:30pm Health Department	
	Water Aerobics 5:00pm-6:00pm Marilyn		Water Aerobics 5:00pm-6:00pm Marilyn	