

YMCA Aerobics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM					
7:00 AM					
8:00 AM	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics
9:00 AM	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30
10:00 AM					
11:00 AM					
12:00 PM					
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM	Pilates/Yoga 4:15-5:15		Pilates/Yoga 4:15-5:15		Pilates/Yoga 4:15-5:15
5:00 PM	FloorAerobics 5:30-6:30	Water Aerobics	FloorAerobics 5:30-6:30	Water Aerobics	FloorAerobics 5:30-6:30
6:00 PM		5:30-6:30		5:30-6:30	
7:00 PM		Floor Aerobics		Floor Aerobics	
8:00 PM		6:15-7:15		6:15-7:15	
9:00 PM					



Lebanon Family YMCA

We build strong kids, strong families, strong communities.

www.lebanon-ymca.org