



# SOUTH SHORE YMCA • Adult Water Fitness

## Winter Session: 01/02/18 — 02/25/18

Session Break [No Classes]: Sun 12/24/17 – Mon 1/1/18

MONDAY		
TIME	CLASS	INSTRUCTOR
11:00am	Aqua Exercise	Adele
7:30pm	Aqua Exercise	Elisa

TUESDAY		
TIME	CLASS	INSTRUCTOR
6:30am	Aqua Exercise	Francine
6:30pm	Aqua Exercise: Deep Water	Joan

WEDNESDAY		
TIME	CLASS	INSTRUCTOR
8:30am	Water Workout	Pat
11:00am	Aqua Exercise	Sam
7:30pm	Aqua Exercise	Elisa

THURSDAY		
TIME	CLASS	INSTRUCTOR
6:30am	Aqua Exercise	Francine
6:30pm	Aqua Exercise: Deep Water	Joan

FRIDAY		
TIME	CLASS	INSTRUCTOR
11:00am	Aqua Exercise	Sam

SATURDAY		
No Classes		

SUNDAY		
TIME	CLASS	INSTRUCTOR
8:45am	Aqua Exercise	Iva

**BECOME ACTIVE:**  
 Michael R. Creegan,  
 Aquatics Director  
[mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org)  
 347-739-3584



**WATER WORKOUT (5-47-02-02)**  
 # OF CLASSES TAKEN PER WEEK  
 MEMBERS  
 NON-MEMBERS

1X  
 FREE  
 \$91

**AQUA EXERCISE (5-47-02-01)**  
 # OF CLASSES TAKEN PER WEEK  
 MEMBERS  
 NON-MEMBERS

1X    2X    3X    4X  
 FREE  
 \$91    \$130    \$169    \$208

**SOUTH SHORE** 3939 RICHMOND AVENUE, STATEN ISLAND 10312  
 718-227-3200 [www.ymcanyc.org/stateniland](http://www.ymcanyc.org/stateniland)