



SOUTH SHORE YMCA • Adult Water Fitness

Fall Session 2: 10/30/17 — 12/23/17

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
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



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