



SOUTH SHORE YMCA • Adult Water Fitness

September 2018: 09/04/18 — 9/30/18

Session Break [No Classes]: Mon 8/27/18 – Mon 9/3/18

| MONDAY | | |
|---------|---------------|------------|
| TIME | CLASS | INSTRUCTOR |
| 11:00am | Aqua Exercise | Sandra |
| 7:30pm | Aqua Exercise | Elisa |

| TUESDAY | | |
|---------|---------------------------|------------|
| TIME | CLASS | INSTRUCTOR |
| 8:00am | 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
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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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