

2010 YMCA GROUP FITNESS SCHEDULE

Water Aerobics Classes

Member / Month

1 Class = \$16

2 Classes = \$20

Non-Member / Month

1 Class = \$32

2 Classes = \$40

Class Name	Day	Time	Instructor	Level	Location
Cardio H2O	M/W	7:15-8:15 am	Billy Sue	1,2,3	Knowles Pool (At Firley Pool Aug 16-Sept 6)
Deep H2O	T/Th	7:15-8:00 am	Bev	1,2	Knowles Pool (At Firley Pool Aug 16-Sept 6)
Swimnastics	M/W/F	8:30-9:15 am	Pat	1,2	Knowles Pool (At Firley Pool Aug 16-Sept 6)
Power Splash	T/Th	8:30-9:30 am	Dorothy	1,2	Knowles Pool (At Firley Pool Aug 16-Sept 6)
Deep H2O	T/Th	5:35pm	Linda	2,3	Knowles Pool
Power Splash	M/W	6:00-6:45 pm	Jenn/Bev K	1,2,3	Knowles Pool
Fintastics	M/W	6:00-6:45 pm	Brenda	2,3	Knowles Pool
Water Walking	T/Th	5:40pm-6:25pm	Tress	1,2,3	Knowles Pool