



Water Fitness Schedule

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Splash Dash		Splash Dash		
7:45 AM	AquaFusion		AquaFusion		AquaFusion	
8:00 AM		Kick It Up		Kick It Up		
8:45 AM	Deep Definition	Deep Definition	Deep Definition	Deep Defintion	Deep Definition	
9:00 AM	Arthritis Ease (VA)	Arthritis Ease (VA)	Arthritis Ease (VA)	Arthritis Ease (VA)		
9:00 AM						
9:30 AM	Just My Speed	Smooth Moves	Just My Speed	Smooth Moves	Just My Speed	
10:00 AM						
10:00 AM	Deep (VA)	Deep (VA)	Deep (VA)	Deep (VA)		
10:15 AM	Deep Running		Deep Running/Pilates		Deep Running	
11:00 AM	Arthritis Ease		Arthritis Ease		Arthritis Ease	
1:00 PM		Arthritis Ease (VA)		Arthritis Ease (VA)	<p>Lebanon Valley Family YMCA 201 N. 7th Street Lebanon, PA 17046</p> <p>For more information on our classes, contact: Shelly Vitelli - Water Fitness Coordinator at 717-273-2691 or mvitelli@lebanonymca.org</p>	
1:00 PM						
5:30 PM		Hydrotrim		Hydrotrim		
6:30 PM						