



WATER EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Rise & Shine		Rise & Shine		
7:45 AM	AquaFusion		AquaFusion		50's Splash Party	
8:00 AM		AquaTabata		AquaTabata		
8:30 AM	Deep Ease		Deep Ease		Deep Ease	
8:45 AM		Advanced Walk		Advanced Walk		
9:00 AM						
9:15 AM	Ripples & Waves		Ripples & Waves		AquaTabata	
9:30 AM		Kick It BootCamp		Kick It BootCamp		
10:00 AM	Water Walk		Water Walk		LaBlast Splash	
10:30 AM	Deep HIIT		Deep HIIT		Deep HIIT	
11:00 AM						
11:15 AM	Smooth Moves		Smooth Moves			
11:30 AM		Interval Training		Interval Training		
12:00 PM						
12:30 PM		Smooth Moves		Smooth Moves		
5:00 PM						
6:00 PM	Kick It BootCamp		Kick It BootCamp			

For more information on our classes,
 contact: Shelly Vitelli - Water Fitness
 Coordinator at 717-273-2691 or
 mvitelli@lebanonymca.org

Sept/Oct/Nov 2019