



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

**Water Classes**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>Water Mobility</b> 6:30-7:15 AM Fran/Donna		<b>Water Mobility</b> 6:30-7:15 AM Fran/Donna		<b>Water Mobility</b> 6:30-7:15 AM Fran/Donna	
<b>AM</b>	<b>Water Mobility</b> 8:00-8:45 AM Suilon/Rae		<b>Water Mobility</b> 8:00-8:45 AM Suilon/Rae		<b>Water Mobility</b> 8:00-8:45 AM Suilon/Rae	
	<b>Water Works</b> 10:00-11:00 AM Beth	<b>Water Pilates</b> 10-11:00 AM Connie	<b>Water Works</b> 10:00-11:00 AM Connie	<b>Water Pilates</b> 10-11:00 AM Connie	<b>Water Works</b> 10:00-11:00 AM Beth	
<b>PM</b>	<b>Water Fitness</b> 5:15-6:00 PM Cindy/Deb	<b>Water Fitness</b> 6:30-7:30P	<b>Water Fitness</b> 5:15-6:00 PM Cindy/Deb			

**Water Class Descriptions**

**Water Mobility:** Water exercise designed for joint mobility. Medically approved by the National Arthritis Foundation. Instructors have been certified by the National Arthritis Association.

**Water Pilates:** A class designed to strengthen & stretch the whole body, making the muscles longer, leaner & well defined as well as improving flexibility.

**Water Works/Water Fitness:** Cardio workout in the shallow end of the pool. No swimmer required. At the end of class, we tone our legs and abs.

Clinton County Family YMCA  
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