



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

Water Classes Starts September 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Water Mobility 6:30-7:15 AM Fran/Donna		Water Mobility 6:30-7:15 AM Fran/Donna		Water Mobility 6:30-7:15 AM Fran/Donna	
AM	Water Mobility 8:00-8:45 AM Suilon/Rae		Water Mobility 8:00-8:45 AM Suilon/Rae		Water Mobility 8:00-8:45 AM Suilon/Rae	
	Water Works 10:00-11:00 AM Marilyn	Water Pilates 10-11:00 AM Connie	Water Works 10:00-11:00 AM Marilyn	Water Pilates 10-11:00 AM Connie	Water Works 10:00-11:00 AM Connie	
PM	Water Fitness 6:00 – 7:00 pm Cindy/Deb	Water Fitness 6:30-7:30P Elizabeth	Water Fitness 6:00 – 7:00 pm Cindy/Deb	Water Aerobics 6:30-7:30P Elizabeth		

Water Class Descriptions

Water Mobility: Water exercise designed for joint mobility. Medically approved by the National Arthritis Foundation.

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 with toning and abs.

Clinton County Family YMCA
950 S. Maish Rd
Frankfort, IN 46041
765-654-9622 – www.ccfymca.net

