

# Y WATER FITNESS™

We build strong kids, strong families, strong communities.

## July 2010



The YMCA is closed July the 4<sup>th</sup>! We will NOT have classes July 3<sup>rd</sup> or July 5<sup>th</sup>!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00		<b>Aqua Core Training</b> Shawna		<b>Aqua Core Training</b> Sherry	
8:30	<b>Aqua Core Training</b> Barbara	<b>Aqua Core Training</b> Barbara	<b>Aqua Core Training</b> Barbara	<b>Class Canceled</b>	<b>Aqua Core Training</b> Barbara
9:30	<b>Super Splash</b> Lisa	<b>Aqua Step</b> Barbara	<b>Super Splash</b> Lisa	<b>Aqua Body Blast</b> Tammy	<b>Super Splash</b> Lisa
10:30	<b>Aqua Flow</b> Barbara	<b>Aqua Core Training</b> Adina	<b>Aqua Flow</b> Barbara	<b>Aqua Core Training</b> Tammy	<b>Aqua Flow</b> Barbara
	<b>Super Splash II</b> Teresa		<b>Super Splash II</b> Adina		<b>Super Splash II</b> Teresa

### Evening Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>6:15 Aqua Core Training</b> Adina Large Pool	<b>6:15 Aqua Body Blast</b> Adina Large Pool	<b>6:15 Aqua Core Training</b> Adina Large Pool	<b>6:30 Aqua Body Blast</b> Sherry Large Pool	

### Saturday Classes

Time	Class – Instructor's Choice
9:00am	7/3~ No class 7/17 ~Shawna ~ Shallow 7/31 ~Barbara ~ Shallow 7/ 10~Sherry ~ Deep 7/24 ~Teresa ~ Deep