

CENTRAL YMCA WATER FITNESS FALL 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WATER FITNESS 8:30-9:15am		WATER FITNESS 8:30-9:15am		WATER FITNESS 8:30-9:15am	
	AQUAROBICS 12:00-1:00pm		AQUAROBICS 12:00-1:00pm		
AQUAROBICS 5:30-6:30pm		AQUAROBICS 5:30-6:30pm		AQUAROBICS 5:30-6:30pm	

All classes will be held in the shallow pool.

Classes with consistent low attendance may be cancelled.

For more information, please visit YMCAYO.org

Updated 8/31/20