



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER AEROBICS SCHEDULE

YMCA OF ELKHART COUNTY

Water Aerobics AM/PM Schedule Schedule Begins

October 16, 2011
and is subject to
change

-Instructor and
classes are subject
to change without
prior notification.

-If any class size has
4 or less participants
for 4 weeks in a row,
the class will be
cancelled.

Key/Location

(s) Seasonal classes
end May 5 **BOLD**
means a class has
been added or
changed

Class Info

-All water aerobics
classes are 55
minutes unless
noted.

-**Must be at least
16** years of age to
participate in classes
unless noted.

-For full class
descriptions see
Water Aerobics Class
Descriptions flyer.

-See Pool Schedule
for a complete list of
activities in the pool
area.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8: 45-9: 40am Aqua ZUMBA Susan	8: 45-9: 40am H2O Cardio Fit Anne	8: 45-9: 40am Aqua ZUMBA Susan	8: 45-9: 40am Aqua ZUMBA Susan	8: 45-9: 40am H2O Cardio Fit Anne	8:45-9:40am Cancelled due to low participation	8: 45-9: 40am Aqua Interval Peg
9: 45-10: 40am Aqua Interval Jeanne		9: 45-10: 40am Aqua Interval Kara	9: 45-10: 40am Sculpt-n-Splash Anne	9: 45-10: 40am Aqua ZUMBA Pamela		
10: 45-11: 40am Small Pool H2O Movement Kara	10: 45-11: 40am Small Pool H2O Movement Lenore		10: 45-11: 40am Small Pool H2O Movement Lenore			
10: 45-11: 40am Silver Splash Jeanne						
			1:00-2:00 pm Silver Splash Jeanne			
	5: 30-6: 25 Deep Water Paula			5: 30-6: 25 Deep Water Peg		

Revised Mar 9

YMCA OF ELKHART COUNTY

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