

LOWER BUCKS FAMILY YMCA

AQUATICS GROUP EXERSICE SCHEDULE

SUMMER I & II 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DEEP WATER WORKOUT 8:00-8:45 AM	DEEP WATER WORKOUT 8:00-8:45 AM	DEEP WATER WORKOUT 8:00-8:45 AM	DEEP WATER WORKOUT 8:00-8:45 AM		AQUACIZE 8:00-9:00 AM *HIGH INTESITY	AQUA DANCE 1:30-2:30 PM
AQUACIZE 11:00-12:00 PM	SILVER SNEAKERS 10:30-11:15 AM	AQUACIZE 11:00-12:00 PM	SILVER SNEAKERS 10:30-11:15 AM	AQUACIZE 11:00-12:00 PM		
	ARTHRITIS 11:15-12:00 PM		AQUACIZE 11:15-12:00 PM	ARTHRITIS 12:00-12:45 PM	IMPORTANT NOTES: Everything listed on this schedule is included with membership. Non-Members pay a guest fee. Schedule is subject to change	
ARTHRITIS 3:00-3:45 PM	ARTHRITIS 3:00-3:45 PM	ARTHRITIS 3:00-3:45 PM	ARTHRITIS 3:00-3:45 PM	ARTHRITIS 2:30 PM-3:15 PM		
DEEP WATER WORKOUT 5:30-6:15PM	DEEP WATER WORKOUT 5:30-6:15 PM		DEEP WATER WORKOUT 5:30-6:15 PM			