

LOWER BUCKS FAMILY YMCA

AQUATICS GROUP EXERCISE SCHEDULE

FALL 2 SESSION: OCTOBER 30-DECEMBER 24

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	DEEP WATER WORKOUT 8:00-8:45 AM	AQUACIZE 8:00-9:00 AM *HIGH INTENSITY	AQUA DANCE 1:30-2:30 PM
AQUACIZE 11:00-11:45 AM	SILVER SNEAKERS 10:30-11:15 AM	AQUACIZE 11:00-11:45 AM	SILVER SNEAKERS 10:30-11:15 AM	AQUACIZE 11:00-11:45 AM		
ARTHRITIS 11:45-12:30 PM	SILVER SNEAKERS 11:15-12:00 PM	ARTHRITIS 11:00-12:30 PM	SILVER SNEAKERS 11:15-12:00 PM	ARTHRITIS 11:45-12:30 PM	IMPORTANT NOTES: Everything listed on this schedule is included with membership. Non-Members pay a guest fee.	
ARTHRITIS 2:30-3:15 PM	ARTHRITIS 3:00-3:45 PM	ARTHRITIS 2:30-3:15 PM	ARTHRITIS 3:00-4:45 PM	ARTHRITIS 2:30 PM-3:45 PM		
DEEP WATER WORKOUT 5:30-6:15PM	DEEP WATER WORKOUT 5:30-6:15 PM	DEEP WATER WORKOUT 5:30-6:15 PM	DEEP WATER WORKOUT 5:30-6:15 PM			