

# LOWER BUCKS FAMILY YMCA

## AQUATICS GROUP EXERCISE SCHEDULE

### SUMMER SESSION June 19 – August 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DEEP WATER WORKOUT</b> 8:00-8:45 AM	<b>DEEP WATER WORKOUT</b> 8:00-8:45 AM	<b>DEEP WATER WORKOUT</b> 8:00-8:45 AM	<b>DEEP WATER WORKOUT</b> 8:00-8:45 AM	<b>DEEP WATER WORKOUT</b> 8:00-8:45 AM	<b>AQUACIZE</b> 8:00-9:00 AM	<b>AQUA DANCE</b> 1:30-2:30 PM
<b>AQUACIZE</b> 10:30-11:15 AM	<b>SILVER SNEAKERS</b> 10:30-11:15 AM	<b>AQUACIZE</b> 10:30-11:15 AM	<b>SILVER SNEAKERS</b> 10:30-11:15 AM *	<b>AQUACIZE</b> 10:30-11:15 AM		
<b>ARTHRITIS</b> 11:15 AM-12:00 PM	<b>SILVER SNEAKERS</b> 11:15-12:00 PM	<b>ARTHRITIS</b> 11:15 AM-12:00 PM	<b>SILVER SNEAKERS</b> 11:15-12:00 PM	<b>ARTHRITIS</b> 11:15 AM-12:00 PM	<p><b>IMPORTANT NOTES:</b> Everything listed on this schedule is included with membership. Non-Members pay a guest fee.</p> <p>* <b>NO 10:30 Silver Sneakers class on 7/13, 7/27. Please come to another day or time during those two days.</b></p>	
<b>ARTHRITIS</b> 3:30-4:15 PM	<b>ARTHRITIS</b> 3:30-4:15 PM	<b>ARTHRITIS</b> 3:30-4:15 PM	<b>ARTHRITIS</b> 3:30-4:15 PM	<b>ARTHRITIS</b> 3:30 PM-4:15 PM		
<b>DEEP WATER WORKOUT</b> 6:00-6:45 PM	<b>DEEP WATER WORKOUT</b> 6:00-6:45 PM	<b>DEEP WATER WORKOUT</b> 6:00-6:45 PM	<b>DEEP WATER WORKOUT</b> 6:00-6:45 PM	<b>PI-YO-CHI</b> 4:45-5:30 PM		