

AQUATICS FITNESS SCHEDULE



ARMED SERVICES YMCA

Effective: August 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:10-8:55am Twinges in the Hinges (Therapy Pool)	8:10-8:55am Twinges in the Hinges (Therapy Pool)	8:10-8:55am Twinges in the Hinges (Therapy Pool)	8:10-8:55am Twinges in the Hinges (Therapy Pool)		
9:00-9:50am Water Aerobics (Lap Pool)		9:00-9:50am Water Aerobics (Lap Pool)		9:00-9:50am Water Aerobics (Lap Pool)	
10:00-10:50am Twinges in the Hinges (Therapy Pool)		10:00-10:50am Twinges in the Hinges (Therapy Pool)			
	6:50-7:45pm Water Aerobics (Lap Pool)		6:50-7:45pm Water Aerobics (Lap Pool)		

**All Aquatic Fitness classes are first come, first serve.
Therapy Pool can only hold up to 12 participants at a time.**