



Downriver Family YMCA

Water Fitness Schedule Winter I and II 2010



Pool Area					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flippers Club 8:30-9:00am	Water Fitness Level 2 8:00-8:45am	Flippers Club 8:30-9:00am	Water Fitness Level 2 8:00-8:45am	Flippers Club 8:30-9:00am	
Water Fitness Level 3 9:00-9:45am	Water Fitness Specialty: Silver Splash* 9:00-9:45am	Water Fitness Level 3 9:00-9:45am	Water Fitness Specialty: Silver Splash* 9:00-9:45am	Water Fitness Level 3 9:00-9:45am	Deep Water Fitness 9:00-9:45am
Water Fitness Level 1* 10:00-10:45am	Deep Water Fitness 10:00-10:45am	Water Fitness Level 1* 10:00-10:45am	Deep Water Fitness 10:00-10:45am	Water Fitness Level 1* 10:00-10:45am	
Water Fitness Level 2 11:00-11:45a	Water Fitness Specialty: Adult Hydro-Fit* 11:00-11:45a	Water Fitness Level 2 11:00-11:45a		Water Fitness Level 2 11:00-11:45a	
				Water Fitness Specialty: Adult Hydro-Fit* 12:00-12:45p	
Water Fitness Specialty: Hi Energy 5:30p-6:15p		Water Fitness Specialty: Hi Energy 5:30p-6:15p	Classes Labeled with an (*) next to them require an additional fee.		
Water Fitness Specialty: Prenatal* 6:15-7:00p	Water Fitness Level 1* 6:30-7:15P	Water Fitness Specialty: Prenatal* 6:15-7:00p	Water Fitness Level 1* 6:30-7:15P	Winter I Session: Jan 11th-Feb 28th Winter II Session: March 1st-April 18th	
	Water Fitness Specialty: Core Strengthening* 7:20-8:05pm		Water Fitness Specialty: Core Strengthening* 7:20-8:05pm		
Deep Water Fitness 8:00-8:45pm	Water Fitness Level 2 8:10-8:50pm	Deep Water Fitness 8:00-8:45pm	Water Fitness Level 2 8:10-8:50pm		

Start the New Year off right with a Water Fitness Class the Downriver Family YMCA!

