

Water Fitness Spring Schedule

March 1 - April 25

Day	Mon	Tue	Wed	Thurs	Fri	Sat
8:30 am	Water Aerobics		Water Aerobics		Water Aerobics	
8:45 am		Water Aerobics		Water Aerobics		
9 am	Deep Water Aerobics		Deep Water Aerobics		Deep Water Aerobics	
9:15 am	Easy Water Fitness Plus		Easy Water Fitness Plus		Easy Water Fitness Plus	
10 am	Aqua Jogging				Aqua Jogging	
11:00 am	Easy Water Fitness 45 min. class			Easy Water Fitness 45 min class		
6:00 pm	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics		
6:45 pm	Water Aerobics		Water Aerobics			



We build strong kids, strong families, strong communities.

Newport County YMCA

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