



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY AQUA FITNESS SCHEDULE

Aqua Fitness (pool) @ King George Family YMCA

May 1st - May 31st

10545 Kings Highway
King George, VA 22485
540-775-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Aquabata Deborah F. 5:30am - 6:30am	Kettle-bell Damped Marie C. 5:30am - 6:30am	Finning Deborah F. 5:30am - 6:30am	Aquabata Marie C. 5:30am - 6:30am			
9am	Water Aerobics LeAnn H. 9:05am - 10:05am	Water Aerobics Cecilia M. 9:05am - 10:05am	Water Aerobics Patti D. 9:05am - 10:05am	Water Aerobics Cecilia M. 9:05am - 10:05am	Water in Motion Patti D. 9:05am - 10am		
10am	Beyond Arthritis Cecilia M. 10:15am - 11:15am	H.E.A.T. Waves Stephanie M. 10:30am - 11:30am	Beyond Arthritis Cecilia M. 10:15am - 11:15am		Aqua Therapy Deborah F. 10:15am - 11:15am		
	H.E.A.T. Waves Stephanie M. 10:30am - 11:30am		Aquabata LeAnn H. 10:15am - 11am				
12pm	Learn To Lap Swim Ken N. 12:30pm - 1:30pm		Learn To Lap Swim Ken N. 12:30pm - 1:30pm				
5pm	Water in Motion Patti D. 5:30pm - 6:15pm		Water in Motion Stephanie K. 5:30pm - 6:15pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.