



Lakewood Ranch Branch YMCA Water Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM			Water Aerobics			
9:00 AM	Water Aerobics Sandy	Water Aerobics Sandy	Water Aerobics Sandy	Water Aerobics Marni	Water Aerobics Sandy	Water Aerobics Sandy
10:00 AM	Water In Motion Val	Water In Motion Val	Water Aerobics Charlene	Water Aerobics Marni	Water Aerobics Charlene	Water Aerobic Sandy