



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKWOOD RANCH YMCA WATER FITNESS SCHEDULE



CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM			Water In Motion Val			
9:00AM	Water Aerobics Sandy	Water Aerobics Sandy	Water Aerobics Sandy	Water Aerobics Marni	Water Aerobics Sandy	Deep Water Aerobics Sandy
10:00AM	Water In Motion Val	Water In Motion Val	Water Aerobics Charlene	Water Aerobics Marni	Water Aerobics Sandy	Water Aerobics Sandy