

# DOWNTOWN YMCA AQUATICS FITNESS CLASS SCHEDULE

|                  |                                       |                                       |  |                                   |                        |
|------------------|---------------------------------------|---------------------------------------|--|-----------------------------------|------------------------|
| <b>MONDAY</b>    | <b>8:30 - 9:30 AM</b>                 | <b>9:30 - 10:30 AM</b>                | <b>10:30 - 11:00 AM</b>                        | <b>11:00 AM - 12:00 PM</b>        |                        |
|                  | ARTHRITIC AQUAFIT<br>INSTRUCTOR: BETH | ARTHRITIC AQUAFIT<br>INSTRUCTOR: BETH | <b>SWIM SOCIAL</b>                             | AQUA DANCE<br>INSTRUCTOR: KATRINA |                        |
| <b>TUESDAY</b>   | <b>8:30 - 9:30 AM</b>                 | <b>9:30 - 10:30 AM</b>                | <b>10:30 - 11:30 AM</b>                        | <b>11:30 AM - 12:30 PM</b>        |                        |
|                  | FOREVER FIT<br>INSTRUCTOR: JUDY       | AQUA DANCE<br>INSTRUCTOR: KATRINA     | WATER AEROBICS<br>INSTRUCTOR: ANDREA           | <b>SWIM SOCIAL</b>                |                        |
| <b>WEDNESDAY</b> | <b>8:30 - 9:30 AM</b>                 | <b>9:30 - 10:30 AM</b>                | <b>10:30 - 11:30 AM</b>                        |                                   |                        |
|                  | ARTHRITIC AQUAFIT<br>INSTRUCTOR: BETH | ARTHRITIC AQUAFIT<br>INSTRUCTOR: BETH | AQUA TABATA<br>INSTRUCTORS:<br>KATRINA / NADIA |                                   |                        |
| <b>THURSDAY</b>  | <b>8:30 - 9:30 AM</b>                 | <b>9:30 - 10:30 AM</b>                | <b>10:30 - 11:30 AM</b>                        | <b>11:30 AM - 12:30 PM</b>        | <b>12:30 - 1:30 PM</b> |
|                  | FOREVER FIT<br>INSTRUCTOR: JUDY       | FOREVER FIT<br>INSTRUCTOR: JUDY       | WATER AEROBICS<br>INSTRUCTOR: ANDREA           | AQUA DANCE<br>INSTRUCTOR: KATRINA | <b>SWIM SOCIAL</b>     |
| <b>FRIDAY</b>    | <b>8:30 - 9:30 AM</b>                 | <b>9:30 - 10:30 AM</b>                | <b>10:30 - 11:30 AM</b>                        |                                   |                        |
|                  | ARTHRITIC AQUAFIT<br>INSTRUCTOR: BETH | ARTHRITIC AQUAFIT<br>INSTRUCTOR: BETH | <b>SWIM SOCIAL</b>                             |                                   |                        |

SCHEDULE SUBJECT TO CHANGE. AS CLASS SIZES CHANGE, WE MAY ADD OR REMOVE CLASSES.

Thank you for your cooperation.  
The Watertown Family YMCA Staff



**FIND YOUR FUN.  
FIND YOUR Y.**