



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR WATER AEROBICS SCHEDULE

## FEBRUARY 2012

### CHARLOTTE AVE BRANCH YMCA

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 – 9:00 am						Water Yoga w/ Emily All Levels
9:00 – 10:00 am		H2O Power Hour w/ Amanda L2-3		H2O Power Hour w/ Amanda Level 2-3		Water Aerobics w/ Wendy
10:00 – 11:00 am	Arthritis Class w/ Amanda Level 1	Water Yoga w/ Emily All Levels	Arthritis Class w/ Amanda Level 1	Water Yoga w/ Emily All Levels	Arthritis Class w/ Amanda Level 2	
6:00 – 7:00 pm	Water Aerobics w/ Maggie Level 2-3	Water Aerobics w/ Alice Level 1-2	Water Aerobics w/ Maggie Level 2-3	Water Aerobics w/ Alice Level 1-2	Water Aerobics w/ Lynn Level 2-3	

**Charlotte Avenue Branch YMCA Hours:**

Monday-Friday: 5 am-9:30 pm

Saturday: 7:30 am-6 pm

Sunday: 1 pm-6 pm

**Childwatch Hours:**

Monday-Friday: 8 am-12 pm & 4 pm-8 pm

Saturday: 8 am-12 pm

**NEW AQUATICS CLASSES- FEBRUARY**  
**Water Yoga on Tuesday and Thursday**  
**10-11am w/ Emily**  
**All Levels**