



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR WATER AEROBICS SCHEDULE SEPTEMBER 2017

CHARLOTTE AVE BRANCH YMCA

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am – 10:30am			OD pool, 9:30-10:15am Water Aerobics W Halie Chambers L1-3 ends Sept.27 th			AQUACISE w/ Emily All Levels
9:00 – 10:00 am		H2O Power Hour Level 2-3		H2O Power Hour Level 2-3		
10:00 – 11:00 am	Low Impact Arthritis /Range of Motion Class Elizabeth Level 1	Water Yoga w/Emily H All Levels	Low Impact Arthritis/Rang of Motion Class Elizabeth Level 1	Water Yoga w/ Emily H All Levels	Low Impact Arthritis/Rang of Motion Class Elizabeth Level 1	
6:00 – 7:00 pm	Water Aerobics w/Nikki Level 2-3	Water Aerobics w/ Alice Level 1-2	Water Aerobics w/Nicki Level 2-3	Water Aerobics w/ Alice Level 1-2 3	Water Aerobics w/ Lynn Level 2-3	

Charlotte Avenue Branch Hours

M-F: 5:00AM to 9:30PM

Sat: 7:30AM to 6:00PM **Sun:** 1:30PM to 6:00PM

Childwatch Hours

M-Th: 8:00AM to 12PM & 4:00PM to 8: 00PM

Fri: 8:00AM to 12PM **Sat:** 8:00AM to 12PM

Upcoming YMCA Events

Visit us on the web at www.upymca.org or www.facebook.com/upymca for the latest information.
The Y is closed on Monday September 4th. For Labor Day.

- Aqua Zumba will be on the 2nd. & 4th. Sunday of each month, 4:30-5:30pm indoor pool.

Schedules revised 8-25-2017, DMR - Subject to change