



Greater Lynn YMCA

## *Aquatic Fitness Schedule*

Fall 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>9:15-10:15</u> Water Aerobics	<u>9:15-10:15</u> Joyful Joints	<u>9:15-10:15</u> Water Aerobics	<u>9:15-10:15</u> Joyful Joints	<u>9:15-10:15</u> Water Aerobics	<u>9:15-10:00</u> Water Aerobics
<u>6:30-7:30</u> Water Aerobics	<u>6:30-7:30</u> Water Aerobics	<u>6:30-7:30</u> Water Aerobics	<u>6:30-7:30</u> Water Aerobics		

\*These classes are included in your YMCA membership 😊

All Aquatic Fitness Classes are held in the Pool

*The Lynn YMCA reserves the right to modify the schedule as required*