

Greendale YMCA Aquatic Wellness Classes FALL 2009



Come join the fun!

Classes in BOLD are located in the Main Pool					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45-9:30 am	Deep Water Workout & Conditioning max 20 people, sign in at welcome center		Deep Water Workout & Conditioning max 20 people, sign in at welcome center		Deep Water Workout & Conditioning max 20 people, sign in at welcome center
9:30-10:15 am	Aquacize max 25 people		Aquacize max 25 people		Aquacize max 25 people
9:15-10:00 am					* Aqua Yoga
10:30-11:15 am		* Water Fusion		* Water Fusion	
6:15-7:00 pm		Deep Water Workout & Conditioning max 16 people		Deep Water Workout & Conditioning max 16 people	
6:15-7:15 pm	Water Aerobics max 20 people		Water Aerobics max 20 people		
7:00-8:00 pm		* Masters Swim Program		* Masters Swim Program	

Please Note: * Registration is required.

All other programs are available on a drop-in basis, but space is limited.

