



# SOUTHWEST VALLEY FAMILY YMCA

## Water Aerobics Schedule

Effective: January - March 2012

FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30							
6:30							
7:30	Shallow Water Aerobics - Diane	Deep Water Aerobics - Diane	Shallow Water Aerobics - Diane	Deep Water Aerobics - Linda	Shallow Water Aerobics - Diane		
8:30	8:30am-9:30am	8:30am-9:30am	8:30am-9:30am	8:30am-9:30am	8:30am-9:30am		
9:30	Boot Camp - Diane 9:40am-10:40am		Boot Camp - Diane 9:40am-10:40am		Boot Camp - Diane 9:40am-10:40am		
10:00						Cardio Fit-N-Fun Christine	
11:00						10:15am-1115am	
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							

Schedule subject to change due to lack of participation and weather

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