



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# WATER EXERCISE

**August 11–August 26, 2018–Pool B (Pool A closed)  
 GREATER SCRANTON YMCA**

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aqua Pilates</b> (shallow water)				7:45–8:15 pm		
<b>Arthritis Water Exercise</b> (shallow water)	10:45–11:30 am		10:45–11:30 am		10:45–11:30 am	
<b>Aqua Zumba</b> (shallow water)			5:30–6:30 pm			
<b>Deep Water Exercise</b> (deep water)	9:00–10:00 am 5:30–6:30 pm	7:15–8:15 pm	9:00–10:00 am	7:15–8:15 pm	9:00–10:00 am	
<b>Power Walking</b> (shallow water)				7:15–7:45 pm		
<b>Shallow Water Exercise</b>		11:30–12:30 pm 7:15–8:15 pm		11:30–12:30 pm		9:00–10:00 am

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[www.greaterscrantonymca.org](http://www.greaterscrantonymca.org)

All water exercise classes are free to YMCA members