



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# WATER EXERCISE

**September 24–November ? 2018–One Pool**

| Program  | Monday         | Tuesday                        | Wednesday                      | Thursday       | Friday         |
|--|----------------|--------------------------------|--------------------------------|----------------|----------------|
| <b>Aqua Pilates</b><br>(shallow water)             |                |                                |                                | 6:50–7:20 pm   |                |
| <b>Arthritis Water Exercise</b><br>(shallow water) | 10:45–11:30 am |                                | 10:45–11:30 am                 |                | 10:45–11:30 am |
| <b>Deep Water Exercise</b><br>(deep water)         | 9:00–10:00 am  | 6:20–7:20 pm                   |                                | 6:20–7:20 pm   | 9:00–10:00 am  |
| <b>Power Walking</b><br>(shallow water)            |                |                                |                                | 6:20–6:50 pm   |                |
| <b>Shallow Water Exercise</b><br>(shallow water)   | 8:30–9:30 pm   | 11:30–12:30 pm<br>6:20–7:20 pm | 11:30–12:30 pm<br>8:30–9:30 pm | 11:30–12:30 pm |                |

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All water exercise classes are free to YMCA members