



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# WATER EXERCISE

**JUNE 11 – JULY 1, 2018**

**Canceled Class**

**Time Change**

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)			NO CLASS DURING THIS 3-WEEK PERIOD			
<b>Combo Water Exercise</b>		10:15-11:15 am		10:15-11:15 am		
<b>Deep "Water Exercise</b> (deep water)	7:45-8:45am	7:15-8:15 pm	7:45-8:45am	7:15-8:15 pm	7:45-8:45am	
	No 5:30 class					
<b>Power Walking</b> (shallow water)				7:15-7:45 pm		
<b>Shallow Water Exercise</b>	11:30-12:30 pm 8:00-9:00 pm	11:30-12:30 pm 7:15-8:15 pm	11:30-12:30 pm 8:00-9:00 pm	11:30-12:30 pm 7:15-8:15 pm	11:45-12:45 pm	9:00-10:00 am

All water exercise classes are free to YMCA members