



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER EXERCISE

## Fall/Winter 2017 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>Combo Water Exercise</b> (shallow & deep water options)		10:15-11:15 am		10:15-11:15 am		
<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> (shallow water)	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	11:30-12:30 pm	9:00-10:00 am

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All water exercise classes are free to YMCA members