



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP WATER SCHEDULE

SEP 1– DEC 1 at DON M. & MARGARET HILLIKER YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA FIT 8AM-9AM JOHN LANES 3-6	WATER AEROBICS 8AM-9AM SUZY LANES 3-6	AQUA FIT 8AM-9AM JOHN LANES 3-6	WATER AEROBICS 8AM-9AM SUZY LANES 3-6	AQUA FIT 8AM-9AM JOHN LANES 3-6	LIQUID TONING 8AM-9AM JODI LANES 3-6	
H2O FEELING FIT 9AM-10AM JOHN LANES 3-6	AQUABUILT 5:45PM-6:45PM DIANN LANES 3-6	H2O FEELING FIT 9AM-10AM JOHN LANES 3-6		H2O FEELING FIT 9AM-10AM JOHN LANES 3-6		
WATER WORKS 10AM-11AM JOHN LANES 3-6		WATER WORKS 10AM-11AM JOHN LANES 3-6		WATER WORKS 10AM-11AM JOHN LANES 3-6		



GROUP WATER DESCRIPTIONS

DON M. & MARGARET HILLIKER YMCA

AQUABUILT High intensity, deep and shallow water. Improve flexibility and tone your muscles. |ALL LEVELS|

AQUA FIT This water fit class that gets your heart rate up with its high intense movements. |ALL LEVELS|

H2O FEELING FIT Beginner level class that gets you on your way to a stronger, fitter you. |ALL LEVELS|

LIQUID TONE Getting you ready for an active weekend. Tone, tighten, and be on your way. |ALL LEVELS|

WATER AEROBICS Pilates techniques adapted to the water, increase flexibility and core strength.

|ALL LEVELS|

WATER WORKS Wash away your aches and pains with this low impact class. |Beginner|

