Hami	Iton Area YMCA Ac	juatic Department:	Aqua Exercise Off	erings	
Offerings	listed are open to	all Facility member	s to attend at the	JKR pool.	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shallow Aerobics	Aqua Zumba	Shallow Aerobics	Aqua Aerobics	Shallow Aerobics	Aqua Zumba
9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	8:00 AM
45 min	60 min	45 min	45 min	45 min	45 min
JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool
Barbara	Jill	Gary	Katie	Gary	Jill
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shallow Aerobics	Shallow Aerobics	Deep Water *	Shallow Aerobics		
10:00 AM	10:00 AM	9:15 AM	10:00 AM		
60 min	45 min	45 min	45 min		
JKR Pool	JKR Pool	JKR Pool	JKR Pool		
Carol	Peaches	Carol	Peaches		
		* Please bring a Deep Water belt to class			
Monday	Tuesday	Wednesday	Thursday		Saturday
		Aqua Fit & Tone	Deep Water *		
		11:30 AM	11:00 AM		
		60 min	45 min		
		JKR Pool	JKR Pool		
		Danielle	Peaches		
Monday	Tuesday	Wednesday		Friday	Saturday
Aquafit		Shallow Aerobics		Aquafit	
1:00 PM		2:00 PM		1:00 PM	
60 min		60 min		60 min	
JKR Pool		JKR Pool		JKR Pool	
Katrine		Peaches		Katrine	
				Effective: October 28-December 22	
In an effort to communicate schedule updates or cancellations, we're introducing text alerts!					4/24
Text waterworkout to 84483					
	Offerings Monday Shallow Aerobics 9:00 AM 45 min JKR Pool Barbara Monday Shallow Aerobics 10:00 AM 60 min JKR Pool Carol Carol Monday Monday Monday Aquafit 1:00 PM 60 min JKR Pool Katrine Stay to communicate sch	Offerings listed are open toMondayTuesdayShallow AerobicsAqua Zumba9:00 AM9:00 AM45 min60 minJKR PoolJKR PoolBarbaraJillMondayTuesdayShallow AerobicsShallow Aerobics10:00 AM10:00 AM60 min45 minJKR PoolJKR PoolCarolPeachesMondayTuesdayMondayTuesdayMondayTuesdayIIJKR PoolJKR PoolCarolPeachesMondayTuesdayIIIIJKR PoolIJKR PoolIJKR PoolIJKR PoolIJKR PoolIJKR PoolIIIIIJKR PoolIJKR PoolIJKR PoolIKatrineIII </td <td>Offerings listed are open to all Facility memberMondayTuesdayWednesdayShallow AerobicsAqua ZumbaShallow Aerobics9:00 AM9:00 AM9:00 AM45 min60 min45 minJKR PoolJKR PoolJKR PoolBarbaraJillGaryMondayTuesdayWednesdayShallow AerobicsShallow AerobicsDeep Water *10:00 AM10:00 AM9:15 AM60 min45 min45 min45 minJKR PoolJKR PoolJKR PoolJKR PoolJKR PoolJKR PoolCarolPeachesCarolPeachesMondayTuesdayWednesdayMondayTuesdayWednesdayMondayTuesdayWednesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayShallow Aerobics1:00 PM2:00 PM60 minMinJKR PoolJKR PoolJKatrinePeachesStay in the Loop with Text Alerts!to communicate schedule updates or cancellations, we're introduction</td> <td>Offerings listed are open to all Facility members to attend at the Monday Tuesday Wednesday Thursday Shallow Aerobics Aqua Zumba Shallow Aerobics Aqua Aerobics 9:00 AM 9:00 AM 9:00 AM 9:00 AM 45 min 60 min 45 min 45 min JKR Pool JKR Pool JKR Pool JKR Pool Barbara Jill Gary Katie Monday Tuesday Wednesday Thursday Shallow Aerobics Shallow Aerobics Deep Water * Shallow Aerobics 10:00 AM 9:15 AM 10:00 AM 60 min 45 min JKR Pool JKR Pool JKR Pool JKR Pool JKR Pool JKR Pool JKR Pool JKR Pool Carol Peaches Carol Peaches * Please bring a Deep Water bet to class Monday Tuesday Wednesday Monday Tuesday Wednesday Thursday Monday Tuesday Wednesday Mursday Monday Tuesday Wednesday Mursday I:00 PM</td> <td>Shallow Aerobics Aqua Aerobics Aqua Aerobics Shallow Aerobics 9:00 AM 9:00 AM 9:00 AM 9:00 AM 45 min 60 min 45 min 45 min 45 min JKR Pool JKR Pool JKR Pool JKR Pool JKR Pool Barbara Jill Gary Katie Gary Monday Tuesday Wednesday Thursday Friday Shallow Aerobics Shallow Aerobics Deep Water * Shallow Aerobics Shallow Aerobics 10:00 AM 10:00 AM 9:15 AM 10:00 AM 60 min 45 min JKR Pool JKR Pool JKR Pool JKR Pool Monday Shallow Aerobics Carol Peaches Carol Peaches Monday Tuesday Wednesday Thursday Monday Tuesday Wednesday Thursday Monday Tuesday Wednesday Thursday Monday Tuesday Wednesday Thursday Monday</td>	Offerings listed are open to all Facility memberMondayTuesdayWednesdayShallow AerobicsAqua ZumbaShallow Aerobics9:00 AM9:00 AM9:00 AM45 min60 min45 minJKR PoolJKR PoolJKR PoolBarbaraJillGaryMondayTuesdayWednesdayShallow AerobicsShallow AerobicsDeep Water *10:00 AM10:00 AM9:15 AM60 min45 min45 min45 minJKR PoolJKR PoolJKR PoolJKR PoolJKR PoolJKR PoolCarolPeachesCarolPeachesMondayTuesdayWednesdayMondayTuesdayWednesdayMondayTuesdayWednesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayTuesdayMondayShallow Aerobics1:00 PM2:00 PM60 minMinJKR PoolJKR PoolJKatrinePeachesStay in the Loop with Text Alerts!to communicate schedule updates or cancellations, we're introduction	Offerings listed are open to all Facility members to attend at the Monday Tuesday Wednesday Thursday Shallow Aerobics Aqua Zumba Shallow Aerobics Aqua Aerobics 9:00 AM 9:00 AM 9:00 AM 9:00 AM 45 min 60 min 45 min 45 min JKR Pool JKR Pool JKR Pool JKR Pool Barbara Jill Gary Katie Monday Tuesday Wednesday Thursday Shallow Aerobics Shallow Aerobics Deep Water * Shallow Aerobics 10:00 AM 9:15 AM 10:00 AM 60 min 45 min JKR Pool JKR Pool JKR Pool JKR Pool JKR Pool JKR Pool JKR Pool JKR Pool Carol Peaches Carol Peaches * Please bring a Deep Water bet to class Monday Tuesday Wednesday Monday Tuesday Wednesday Thursday Monday Tuesday Wednesday Mursday Monday Tuesday Wednesday Mursday I:00 PM	Shallow Aerobics Aqua Aerobics Aqua Aerobics Shallow Aerobics 9:00 AM 9:00 AM 9:00 AM 9:00 AM 45 min 60 min 45 min 45 min 45 min JKR Pool JKR Pool JKR Pool JKR Pool JKR Pool Barbara Jill Gary Katie Gary Monday Tuesday Wednesday Thursday Friday Shallow Aerobics Shallow Aerobics Deep Water * Shallow Aerobics Shallow Aerobics 10:00 AM 10:00 AM 9:15 AM 10:00 AM 60 min 45 min JKR Pool JKR Pool JKR Pool JKR Pool Monday Shallow Aerobics Carol Peaches Carol Peaches Monday Tuesday Wednesday Thursday Monday Tuesday Wednesday Thursday Monday Tuesday Wednesday Thursday Monday Tuesday Wednesday Thursday Monday