

JUNE WATER FITNESS SCHEDULE

Morris Center YMCA

Monday	Tuesday	Wednesday	Thursday	Friday
7 th 9 am Carol 1:30pm No teacher	8 th 9am Chris 12:15 DEEP Water Chris	9 th 9am Nancy 1:30 Nancy	10 th 9am Chris 12:15 DEEP Water Chris	11 th 9am Gloria 1:30 Nancy
14 th 9am Sandy 1:30 pm No teacher	15 th 9am Chris 12:15 DEEP Water Chris	16 th 9am Nancy 1:30 Carol	17 th 9am Chris 12:15 DEEP Water Chris	18 th 9am Gloria 1:30 Nancy
21 st SUMMER	22 nd WATER	23 rd FITNESS	24 th CLASSES	25 th START
9am Carol	8am Chris	11am Nancy 11am DEEP Chris	8am Lisa	9am Gloria 1PM Shallow Carol 1PM DEEP Chris
28 th 9am Carol	29 th 8am Chris	30 th 11am Sandy 11am DEEP Chris	JULY 1 st 8am Lisa	JULY 2 nd 9am Gloria 1pm Shallow & Deep Combo Chris

HAPPY 4th of JULY the YMCA is closed on the holiday

*****Try the deep water combo class on July 2nd!!! ALL WELCOME BUT...you must be able to float comfortably and a belt must be worn even if you are a strong swimmer to help with maintaining correct posture and stability while exercising.