



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

THE Y:  
A PLACE  
WHERE  
EVERYONE  
BELONGS



## Winter 2019 Aqua Aerobics Class Schedule

### Ridley Area YMCA Branch

#### Monday

Aqua Easy	9-9:30am
Water Joggin'	9:30-10am
Aqua Zumba	1-1:45pm
Aqua Zumba	8:15-9:00pm

#### Tuesday

Aqua Zumba	9-10am
Aqua Pump	10-11am

#### Wednesday

Aqua Easy	9-9:30am
Water Joggin'	9:30-10:15am
Aqua Zumba	8:15-9:00pm

#### Thursday

Exerswim	9-10:00am
Aqua Pump	10-11:00am

#### Friday

Aqua Easy	9-9:30am
Water Joggin'	9:30-10am
Splash Down	10-11:00am
Aqua Zumba	1-1:45pm

