



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **THE Y: A PLACE WHERE EVERYONE BELONGS**

## **Spring 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

