



We build strong kids, strong families, strong communities.

### Water Fitness Classes

Danville YMCA

Fall 2010

Oct 18 – Dec 31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9-10AM	Water Aerobics		Water Aerobics		Water Aerobics	Water Aerobics
10-11AM	Water Rehab	Zumba Aqua 10:15-11AM	Water Rehab		Water Rehab	
7-8PM		Water Aerobics		Water Aerobics		
8-8:30PM		Power Walking	Zumba Aqua 8-8:45AM			

All classes are **FREE** to YMCA members. Non-members may pay \$5 a class.

Punch cards are available at the front desk