



**HERNANDO COUNTY YMCA GROUP EXERCISE WATER SCHEDULE
EFFECTIVE 1/01/08**

TIME	MON	TUES	WED	THURS	FRI
8:30AM	WATER EXERCISE Linda		ARTHRISIS EXERCISE Linda		WATER EXERCISE Linda
9:15AM	WATER EXERCISE Linda	WATER EXERCISE Linda	WATER EXERCISE Linda	WATER EXERCISE Linda	WATER EXERCISE Linda
10:15AM	WATER AEROBICS Debbie	WATER AEROBICS Debbie	WATER AEROBICS Debbie	WATER AEROBICS Debbie	WATER AEROBICS Heidi
11:15AM	ARTHRITIS EXERCISE Dawn	11:00AM DEEP WATER Debbie	ARTHRITIS EXERCISE Debbie	11:00AM DEEP WATER Debbie	ARTHRITIS EXERCISE Heidi
12:00PM	WATER AEROBICS Dawn		WATER AEROBICS Debbie		WATER AEROBICS Heidi
6:30PM	WATER AEROBICS Sue		WATER AEROBICS Sue		
7:00PM		WATER AEROBICS Lori		WATER AEROBICS Lori	

Youth between the ages of 8 & 13 must be accompanied by a parent or adult to participate in Water Fitness classes.

**YMCA HOURS: Monday-Friday 5:30am-10:00pm; Saturday 7:00am-6:00pm; Sunday 12:00 noon-6:00pm
352-688-9622**



YMCA MISSION: To put Christian Principles into Practice through programs that build a healthy Spirit, Mind and Body for all.