



effective JULY 15, 2013

State Street YMCA

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00 AM - 9:40 AM	HYDRO Tone (Sherry)	HYDRO Tone (Sherry)	HYDRO Tone (Sherry)	HYDRO Tone (Sherry)	HYDRO Tone (Sherry)
9:45AM -10:30AM	Aqua Zumba (Sherry)	Aqua Zumba (Sherry)	Aqua Zumba (Sherry)	Aqua Zumba (Sherry)	Aqua Zumba (Sherry)
6:00PM - 7:00PM	Aqua Zumba (Sherry)	Pump H2O (Sherry)		Pump H2O (Sherry)	

HYDRO Tone Shallow water class using bells for full-body toning without high impact on joints. Great workout from low to medium intensity. Beginners welcome!

MS Aquatics (Closed Class) Monday/Wednesday/Thursday 5pm-6pm. Low intensity condition-specific aerobics class in water. (Shallow and Deep). Working on toning the muscles, balance, and more.

Aqua Zumba A fun way to workout in the water! Dance moves combined with great choreography provide a fun and effective workout! (Shallow water only) Medium to High Intensity

Pump H2O Aqua cardio workout that uses resistance weights, shallow/deep water training, and core strengthening to condition you to reach the next level of physical fitness. This medium-high intensity class will improve your range of motion through a low impact aerobic workout. Beginners welcome!

Kid Zone Hours

12pm-1pm Mon-Fri
5:15pm-7:30pm Mon-Fri
10am-12pm Saturdays



Kidz Fit Hours

5:30-7:30pm Mon-Fri

Effective July 1, 2013