



FLOWOOD YMCA AQUATIC CLASSES

Effective June 5, 2023 - June 30, 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Deep Water Aerobics 8:15 am Karen	Shallow Water Fitness 8:00 am Deborah	Deep Water Aerobics 8:15 am Karen	Shallow Water Fitness 8:00 am Deborah	Deep Water Aerobics 8:15 am Karen	Shallow Water Fitness 8:00 am
Shallow Water Fitness 9:00 am Amy		Shallow Water Fitness 9:00 am Amy		Shallow Water Fitness 9:00 am Amy	
Shallow Water Fitness 5:45 pm Faith					