



FLOWOOD YMCA AQUATIC CLASSES

Effective September 12th, 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Deep Water Aerobics 8:15 am Karen	Shallow Water Fitness 8:30 am Deborah	Deep Water Aerobics 8:15 am Karen	Shallow Water Fitness 8:30 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					