



FLOWOOD YMCA AQUATIC CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Deep Water Aerobics 8:00 am Karen	Shallow Water Class 8:30 am BJ	Deep Water Aerobics 8:00 am Karen	Shallow Water Class 8:30 am Deborah	Deep Water Aerobics 8:00 am Karen	Water Fitness 8:00 am
Shallow Water Class 8:50 am Amy	Water Fitness 5:45 pm Beverly	Shallow Water Class 8:50 am Amy	Water Fitness 5:45 PM Beverly	Shallow Water Class 8:50 am Amy	
Aqua Zumba 5:45 pm Amanda					