

LABOR DAY

Monday, September 6, 2010

Holiday Hours:

8:00 AM - 2:00 PM

Child Watch will be closed.

Group Exercise Schedule

Class: Zumba

Time: 8:30 AM

Instructor: Margaret

Class: Zumba

Time: 8:30 AM

Instructor: Margaret

Class: Yoga

Time: 11:30 AM

Instructor: Barbara

Aquatics Schedule

Class: Aerobics

Time: 9:45 AM - 10:45 AM

Instructors: Pauline/Luis

Lap Swim

8:00 AM - 9:40 AM

1:00 PM - 1:50 PM

Class: Running

Time: 9:45 AM - 10:45 AM

Instructor: Kate

Rec Swim

10:50 AM - 12:55 PM

YMCA membership and programs are open to everyone. To the extent possible, financial assistance is made available through generous donations.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY