



YMCA

We build strong kids,
strong families, strong communities.

Water Fitness Schedule

Winter 2008

Day	Mon	Tue	Wed	Thurs	Fri	Sat
8:30 am	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics
9 am	Deep Water Aerobics		Deep Water Aerobics		Deep Water Aerobics	
9:15 am	Easy Water Fitness Plus (Additional Fee)		Easy Water Fitness Plus (Additional Fee)		Easy Water Fitness Plus (Additional Fee)	
10:00 am					Aqua Jogging	
11:15 OR 11:30	Easy Water Fitness @ 11:15 (Additional Fee)			Easy Water Fitness @ 11:30 (Additional Fee)		
6 pm	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics		
6:45 pm	Water Aerobics		Water Aerobics			

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Cari Beck

401-847-9200 X 108

jimf@newportymca.org