



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## HARRIS YMCA JANUARY 2022 WATER FITNESS SCHEDULE

<b>Day</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>
<b>Monday</b>	<b>8:00 AM</b>	<b>Deep Water</b>	<b>Esther</b>
	<b>9:00 AM</b>	<b>Shallow Water</b>	<b>Diane</b>
	<b>10:00 AM</b>	<b>Water Walking</b>	<b>Diane</b>
<b>Tuesday</b>	<b>9:00 AM</b>	<b>Deep Water</b>	<b>Theresa</b>
	<b>10:00 AM</b>	<b>Shallow Water</b>	<b>Theresa</b>
	<b>6:00 PM</b>	<b>Deep/Shallow</b>	<b>Kathy</b>
<b>Wednesday</b>	<b>8:00 AM</b>	<b>Deep Water</b>	<b>Esther</b>
	<b>9:00 AM</b>	<b>Shallow Water</b>	<b>Diane</b>
	<b>10:00 AM</b>	<b>Water Walking</b>	<b>Diane</b>
<b>Thursday</b>	<b>9:00 AM</b>	<b>Deep Water</b>	<b>Rotating-Esther, Diane, Theresa</b>
	<b>10:00 AM</b>	<b>Shallow Water</b>	<b>Rotating-Esther, Diane, Theresa</b>
	<b>6:00 PM</b>	<b>Deep/Shallow</b>	<b>Kathy</b>
<b>Friday</b>	<b>8:00 AM</b>	<b>Deep Water</b>	<b>Esther</b>
	<b>9:00 AM</b>	<b>Shallow Water</b>	<b>Kathy</b>
	<b>10:00 AM</b>	<b>Water Walking</b>	<b>Kathy</b>