



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WATER EXERCISE

Winter/Spring 2019

706 N Blakely Street
 Dunmore, Pa 18512

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Mat Fitness	6:00-6:45am 4:30-5:15 pm	6:00-6:45 am				10:30-11:15 am
Aqua Mat Yoga			6:00-6:45 am	6:00-6:45 am	6:00-6:45 am	
Aqua Pilates (shallow water)				7:45-8:15 pm		
Arthritis Water Exercise (shallow water)	10:45-11:30 am		10:45-11:30 am		10:45-11:30 am	
Aqua Zumba (shallow water)			5:30-6:30 pm			
Deep Water Exercise (deep water)	9:00-10:00 am 5:30-6:30 pm	10:15-11:15am 7:15-8:15 pm	9:00-10:00 am	10:15-11:15am 7:15-8:15 pm	9:00-10:00 am	
Power Walking (shallow water)				7:15-7:45 pm		
Shallow Water Exercise (shallow water)	11:30-12:30 pm	11:30-12:30 pm 7:15-8:15 pm	11:30-12:30 pm	11:30-12:30 pm	11:30-12:30 pm	9:00-10:00 am

570-342-8115

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