



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# WATER FITNESS CLASS SCHEDULE

## APPLETON YMCA

### WINTER 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM H2O Fusion	5:30-6:15AM H2O Strength and Stretch	5:30-6:30 AM H2O Fusion	5:30-6:15 AM H2O Strength and Stretch	5:30-6:15 AM H2O Fusion	6:00-6:45 AM Water Running
7:00-8:00 AM H2O Exercise	6:15-7:00 AM Water Running	7:00-8:00 AM H2O Exercise	6:15-7:00 AM Water Running	6:15-6:45 AM H2O Bootcamp	7:00-8:00 AM H2O Fusion
8:00-9:00 AM Cardiac H2O	9:00-10:00 AM H2O Challenge	8:00-9:00 AM Cardiac H2O	9:00-10:00 AM H2O Challenge	7:00-8:00 AM H2O Exercise	
9:00-10:00 AM Deep Devotion	Noon-12:45 AM H2O Stretch and Strength	9:00-10:00 AM Deep Devotion	Noon-12:45 PM H2O Strength and Stretch	8:00-9:00 AM Cardiac H2O	
Noon-12:45 PM Aqua Zumba	6:00-7:00 PM H2O Fusion	Noon-12:45 PM Aqua Zumba	6:00-7:00 PM H2O Fusion	9:00-10:00 AM Deep Devotion	
				Noon-12:45 PM H2O Challenge	

Water Fitness Classes are held in Boldt Pool

218 E. Lawrence St., Appleton WI 54911 P 920.739.6135 [www.ymcafoxcities.org](http://www.ymcafoxcities.org)  
 Our Mission: To put Christian principles into practice by promoting youth, adult and family activities that build a healthy spirit, mind and body for all.



