



YMCA WATER FITNESS LAND CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
				Stretch and Core 9:30- 10:15am Brooke Community Room
SIT AND GET FIT 10:30 – 11:15am BROOKE Community Room	Stretch and Core 10:30 – 11:15am BROOKE Multi Purpose Room	SIT AND GET FIT 9:30 – 10:15am BROOKE Community Room	Body Fusion 9:30am-1030am Multi Purpose Room	
		Low impact and strength 10:45 – 11:30am BROOKE Multi Purpose Room	Chair Yoga 10:30am-11:15am Kathy Family Fun Room	
Low impact and strength 5:30 – 6:15pm BROOKE Community Room		Stretch and Core 5:30-6:15pm BROOKE Community Room	SIT AND GET FIT 11:00 – 12:00pm BROOKE Multi Purpose Room	

EFFECTIVE 03/11/2020 Schedule Subject to Change****