



## Liberty County/ Armed Services YMCA

### WATER AEROBICS SCHEDULE

MAY/JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PUSHING AGAINST WATER FOR STRENGTH 7:30a (ALVIN)		PUSHING AGAINST WATER FOR STRENGTH 7:30a (ALVIN)		PUSHING AGAINST WATER FOR STRENGTH 7:30a (ALVIN)	
AQUA ZUMBA 9:00a (LENESHA)	SPLASH N FIT 9:00a (LILLY)	AQUA STRENGTH 9:00a (ALCINE)	AQUA JAM 9:00a (DONI)	AQUAFIT 9:00a (LILLY)	AQUA ZUMBA 11:00a (MARGIT)
PUSHING AGAINST WATER FOR STRENGTH 6:30p (ALVIN)		PUSHING AGAINST WATER FOR STRENGTH 6:30p (ALVIN)			

For questions about the classes offered please contact:

Doni Brezenski, Aquatics Director

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