



2018 Fall Water & Winter Fitness Schedule
 Aqua Fitness (pool) @ King George Family YMCA
 September 1st - December 22nd

10545 Kings Highway
 King George, VA 22485
 540-775-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Aquabata Deborah F. 5:30am - 6:30am	Kettle-bell Damped Marie C. 5:30am - 6:30am	Finning Deborah F. 5:30am - 6:30am	Aquabata Marie C. 5:30am - 6:30am	Yogalates Marta S. 5:30am - 6:30am		
8am		Yogalates Marta S. 8am - 9am		Yogalates Marta S. 8am - 9am			
9am	Water Aerobics Stephanie M. 9:30am - 10:25am	Light Aerobics Cecilia M. 9:05am - 10:05am	Water Fitness Marta S. 9:30am - 10:30am	Light Aerobics Cecilia M. 9:05am - 10:05am	Water Fitness Marta S. 9:05am - 10:05am		
10am	Beyond Arthritis Cecilia M. 10:15am - 11:15am	H.E.A.T. Waves Stephanie M. 10:15am - 11:15am	Beyond Arthritis Cecilia M. 10:15am - 11:15am	Optimum Powered Marta S. 10:15am - 11:15am	Beyond Arthritis Cecilia M. 10:15am - 11:15am		
	Aquabata Stephanie M. 10:30am - 11:30am		Aquabata Marta S. 10:30am - 11:30am		Aquabata Deborah F. 10:15am - 11:15am		
12pm	Learn To Lap Swim Brant L. 12:45pm - 1:45pm			Learn To Lap Swim Brant L. 12:45pm - 1:45pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.