

YWATER FITNESS™

We build strong kids, strong families, strong communities.

Gahanna YMCA - 614-340-3196-ext 207

Jessica Hawkins jhawkins@ymcacolumbus.org

Summer 2010 June 7- August 1

**Registration Begins: Metro Members - May 15
Program Members - May 22**

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Arthritis Health&Injury Water Exercise										
Arthritis Health&Injury	\$32	\$78	15yrs-n/a		9:30A-10:30A		9:30A-10:30A			
Arthritis Health&Injury	\$32	\$78	15yrs-n/a			10:10A-11:10A		10:10A-11:10A		
Deep Water Aqua Aerobics										
Deep Water	\$32	\$78	15yrs-n/a							
Deep Water	\$32	\$78	15yrs-n/a			9:05A-10:05A		9:05A-10:05A		
High Intensity Aqua Aerobics										
High Intensity	\$32	\$78	15yrs-n/a		8:30A-9:30A		8:30A-9:30A			
High Intensity	\$32	\$78	15yrs-n/a						8:30A-9:30A	
High Intensity	\$32	\$78	15yrs-n/a			8P-9P		8P-9P		
High Intensity	\$32	\$78	15yrs-n/a		8P-9P		8P-9P			
Surf&Turf										
Surf&Turf	\$32	\$78	8yrs-15yrs		5:10P-5:55p		5:10p-5:55p			
Warm Water Classes										
Warm Water	\$40	\$94	15yrs-n/a			9:25A-10:25A		9:25A-10:25A		
Warm Water	\$40	\$94	15yrs-n/a			10:30A-11:30A		10:30A-11:30A		
Warm Water	\$40	\$94	15yrs-n/a			11:35A-12:35A		11:35A-12:35A		
Warm Water	\$40	\$94	15yrs-n/a			4P-5P		4P-5P		
Warm Water	\$40	\$94	15yrs-n/a		5P-6P		5P-6P			
Water Pilates Adv.	\$40	\$94	15yrs-n/a		11:15A-12:15P		11:15A-12:15P			
Water Pilates Beg.	\$40	\$94	15yrs-n/a		12:30P-1:30P		12:30P-1:30P			
Water Pilates Adv.	\$40	\$94	15yrs-n/a		6:05P-7:05P		6:05P-7:05P			
Water Pilates Beg.	\$40	\$94	15yrs-n/a		7:10P-8:10P		7:10P-8:10P			
Water Pilates Int.	\$40	\$94	15yrs-n/a			5P-6P		5P-6P		
Water Pilates Beg.	\$40	\$94	15yrs-n/a			6:05P-7:05P		6:05P-7:05P		

Please see reverse for more information regarding these classes.

M = YMCA Metropolitan Member **P*** = YMCA Program Member (must have active Program Membership)
FREE = Free for Metropolitan Members

Register online at ymcacolumbus.org

Our mission: To serve the whole community through programs expressing
Judeo-Christian principles that build a healthy spirit, mind and body.

5/20/2010