YWATER FITNESS™

We build strong kids, strong families, strong communities.

Hilltop YMCA - 614-276-8224

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Fall I 2010 Sept. 7- Oct. 24, 2010

Registration begins: Metro/Facility Members- July 31

Program Members- August 7

Class	$ FEES								
	M/F	P*	Code	Mo	Tu	We	Thr	Fr	Sa
Water Fitness	$24	$58	H215A	8:00-9:00A		8:00-9:00A		8:00-9:00A	
Water Fitness	$24	$58	H215B	7:00-8:00P		7:00-8:00P			
High Intensity Water Fitness	$14	$34	H215G						8:00-9:00A
Deep Water Fitness (AquaJog)	$14	$34	H215J		7:30-8:30P				
Arthritis Foundation Aquatics Program	$24	$58	H223B	5:30-6:30P			6:00-7:00P		
AOA Aquatics	$24	$68	HAQ55P	10:00-11:00A		10:00-11:00A		10:00-11:00A	
Extra 3rd day Add on for AOA		$10	HAQ55Q			1:00-2:00P			
AOA Aquatics	$14	$34	H223A			1:00-2:00P			
Extra 3rd day Add on Water Fitness		$10	H215C						8:00-9:00A

M = YMCA Metropolitan Member **P* =** YMCA Program Member (must have active Program Membership)
F = YMCA Facility Member

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.

8/23/2010