

YWATER FITNESS™

We build strong kids, strong families, strong communities.

Pickaway County YMCA - (740) 477-1661

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Fall I - September 6 - October 24, 2010

Registration begins: Metro/Facility Members - July 31

Program Members - August 7

Class	\$ FEES			Code	Mo	Tu	We	Thr	Fr	Sa
	M	F	P*							
Water Fitness	24	24	68	P215		9:00-10:00 AM		9:00-10:00 AM		
AOA Water Fitness*	24	24	68	P223	8:45-9:45 AM		8:45-9:45 AM		8:45-9:45 AM	
AOA Water Fitness*	24	24	68	P223A	1:00-2:00 PM		1:00-2:00 PM		1:00-2:00 PM	
AOA Water Fitness*	24	24	68	P223B		10:00-11:00 AM		10:00-11:00 AM		
Aqua Jog	24	24	68	P214	7:45-8:45 AM		7:45-8:45 AM		7:45-8:45 AM	
Aqua Jog	24	24	68	P214A	6:00-7:00 PM		6:00-7:00 PM			
Aqua Jog	24	24	68	P214B		6:00-7:00 PM		6:00-7:00 PM		
Aqua Jog										8:30-9:30 AM

Saturday morning aqua jog is for any participant in any Aqua Jog class.

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

8/16/2010