

# YWATER FITNESS™

We build strong kids, strong families, strong communities.

**Pickaway County YMCA - (740) 477-1661**

**Melanie Williams: mmwilliams@ymcacolumbus.org**

**Winter II 2010, February 22, 2010 - April 11, 2010**

**Registration begins: Metro/Facility Members - February 6**

**Program Members - February 13**

Class	\$ FEES			Code	Mo	Tu	We	Thr	Fr	Sa
	M	F	P*							
Water Fitness	24	24	66	P215		9:00-10:00 AM		9:00-10:00 AM		
AOA Water Fitness	Free	24	66	P223	8:45-9:45 AM		8:45-9:45 AM		8:45-9:45 AM	
AOA Water Fitness	Free	24	66	P223A	1:00-2:00 PM		1:00-2:00 PM		1:00-2:00 PM	
AOA Water Fitness	Free	24	66	P223B		10:00-11:00 AM		10:00-11:00 AM		
Aqua Jog	24	24	66	P214	7:45-8:45 AM		7:45-8:45 AM		7:45-8:45 AM	
Aqua Jog	24	24	66	P214A	6:00-7:00 PM		6:00-7:00 PM			
Aqua Jog*	24	24	66	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](http://ymcacolumbus.org)*

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

2/3/2010