

# Boyertown Area YMCA Water Fitness Class Schedule

Summer 1: June 13 - July 24 Summer 2: July 25 - Sept. 4, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>6:30 to 7 am</b> Water Wake-Up <i>Missy</i></p>		<p><b>6:30 to 7 am</b> Water Wake-Up <i>Missy</i></p>		<p><b>6:30 to 7 am</b> Water Wake-Up <i>Missy</i></p>
<p><b>9 to 9:45 am</b> Aqua-LITE <i>Patti</i></p>	<p><b>9 to 10 am</b> H.E.A.R.T. <i>Kathy</i></p>	<p><b>9 to 9:45 am</b> Aqua-LITE <i>Dauna</i></p>	<p><b>9 to 10 am</b> H.E.A.R.T. <i>Kathy</i></p>	<p><b>9 to 9:45 am</b> Aqua-LITE <i>Kathy</i></p>
<p><b>9:15 to 10 am</b> Deep Water <i>Dawn</i></p>		<p><b>9:15 to 10 am</b> Deep Water <i>Dawn</i></p>		<p><b>9:15 to 10 am</b> Deep Water <i>Dawn</i></p>
<p><b>10 to 10:45 am</b> Arthritis <i>Dawn</i></p>	<p><b>10 to 10:45 am</b> Arthritis <i>Kathy</i></p>		<p><b>10 to 10:45 am</b> Arthritis <i>Kathy</i></p>	<p><b>10 to 10:45 am</b> Arthritis <i>Kathy</i></p>
	<p><b>5:45 to 6:30 pm</b> Deep Water <i>Dawn</i></p>			<p><b>2 to 2:45 pm</b> Aqua Lite <i>Tina</i></p>
<p><b>7:30 to 8:15 pm</b> Deep Water <i>Annette</i></p>		<p><b>7:30 to 8:15 pm</b> Deep Water <i>Annette</i></p>		



**BOYERTOWN AREA YMCA**  
Daniel B. Boyer Center  
301 West Spring Street  
Boyertown PA 19512  
**610-369-YMCA**

All water fitness classes are FREE to Wellness members