

**BOYERTOWN AREA YMCA**  
**Water Fitness Class Schedule**  
Winter: January 2 - February 25, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 to 7 am Water Wake-Up Missy		6:30 to 7 am Water Wake-Up Missy		6:30 to 7 am Water Wake-Up Missy		12:15 to 1:15 pm Du Tri Run Swim Training - Advanced
9 to 9:45 am Aqua-LITE Dawn	9 to 10 am H.E.A.R.T. Kathy	9 to 9:45 am Aqua-LITE Connie	9 to 10 am H.E.A.R.T. Kathy	9 to 9:45 am Aqua-LITE Kathy	9 to 9:45 am W.E.T. Annette	1:15 to 1:45 pm Du Tri Run Swim Training - Beginner Tina
9:15 to 10 am Deep Water Susie		9:15 to 10 am Deep Water Dawn		9:15 to 10 am Deep Water Dawn		
10 to 10:45 am Arthritis Dawn	10 to 10:45 am Arthritis Kathy	10 to 10:45 am Arthritis Dawn	10 to 10:45 am Arthritis Kathy	10 to 10:45 am Arthritis Kathy		
7:30 to 8:15 pm Deep Water Annette		7:30 to 8:15 pm Deep Water Annette				



**BOYERTOWN AREA YMCA**  
**DANIEL B. BOYER CENTER**  
 301 West Spring Street  
 Boyertown PA 19512  
 610-369-YMCA (9622)

All water fitness classes are FREE to Wellness members