



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Water Fitness Schedule

MONDAY

START	END	CLASS	LOCATION	INSTRUCTOR
8:15AM	9:00AM	Aqua HIIT	Shallow Water	April Bach
9:15AM	10:00AM	Aqua Energizers	Deep Water	Beverly Amick
10:30AM	11:15AM	AquaFit	Shallow Water	Brigitte Lindsey
7:05PM	7:50PM	Aqua HIIT	Shallow Water	Natasha Lambeth

TUESDAY

START	END	CLASS	LOCATION	INSTRUCTOR
10:00AM	10:45AM	Water Recovery	Shallow Water	April Bach
11:00AM	11:45AM	Recovery Plus	Shallow Water	April Bach

WEDNESDAY

START	END	CLASS	LOCATION	INSTRUCTOR
9:15AM	10:00AM	Aqua Energizers	Deep Water	Beverly Amick
10:30AM	11:15AM	AquaFit	Shallow Water	Brigitte Lindsey

THURSDAY

START	END	CLASS	LOCATION	INSTRUCTOR
9:00AM	9:45AM	Aqua Zumba	Shallow Water	April Bach
10:00AM	10:45AM	Water Recovery	Shallow Water	Jenn Key
11:00AM	11:45AM	Recovery Plus	Shallow Water	Jenn Key

FRIDAY

START	END	CLASS	LOCATION	INSTRUCTOR
9:15AM	10:00AM	AquaFit	Shallow Water	Beverly Amick
10:30AM	11:15AM	AquaFit	Shallow Water	Brigitte Lindsey
11:30AM	12:15PM	Aqua Energizers	Deep Water	April Bach

Special Events

Birthday Parties: 1-3pm every Saturday and Sunday

Please contact Jenna Patton at j.patton@ymcanwnc.org or 336-712-2000 for any questions or concerns.

JERRY LONG FAMILY YMCA

1150 S. Peace Haven Rd. Clemmons, NC 27012

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Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.