



SOUTH SHORE YMCA · Adult Water Fitness Winter Session: 01/02/19 — 02/24/19

MONDAY		
TIME	CLASS	INSTRUCTOR
11:00am	Aqua Exercise	Sandra
7:30pm	Aqua Exercise	Elisa

TUESDAY		
TIME	CLASS	INSTRUCTOR
8:00am	Aqua Exercise	Francine
6:30pm	Aqua Exercise: Deep Water	Joan

WEDNESDAY		
TIME	CLASS	INSTRUCTOR
8:30am	Water Workout	Pat
11:00am	Aqua Exercise	Sandra
7:30pm	Aqua Exercise	Elisa

THURSDAY		
TIME	CLASS	INSTRUCTOR
6:30am	Aqua Exercise	Francine
6:30pm	Aqua Exercise: Deep Water	Joan

FRIDAY		
TIME	CLASS	INSTRUCTOR
11:00am	Aqua Exercise	Sandra

SATURDAY		
No Classes		

SUNDAY		
TIME	CLASS	INSTRUCTOR
8:45am	Aqua Exercise	Iva

BECOME ACTIVE:
 Michael R. Creegan,
 Aquatics Director
mcreegan@ymcanyc.org
 347-739-3584



WATER WORKOUT (5-47-02-02)
 # OF CLASSES TAKEN PER WEEK
 MEMBERS
 NON-MEMBERS

1X
 FREE
 \$91

AQUA EXERCISE (5-47-02-01)
 # OF CLASSES TAKEN PER WEEK
 MEMBERS
 NON-MEMBERS

1X 2X 3X 4X
 FREE
 \$91 \$130 \$169 \$208

SOUTH SHORE 3939 RICHMOND AVENUE, STATEN ISLAND 10312
 718-227-3200 www.ymcanyc.org/statenisland