



SOUTH SHORE YMCA · Adult Water Fitness

Spring Session 1: 02/25/19 — 04/21/19

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	Sandr

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

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