



**YMCA OF
GREATER NEW YORK**
Where there's a Y,
there's a way.

SOUTH SHORE YMCA Adult Water Fitness Winter Session: 1/2/20 - 2/23/20

MONDAY		
TIME	CLASS	INSTRUCTOR
11:30am	Aqua Exercise	Miranda
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
11:30am	Aqua Exercise	Miranda
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
11:30am	Aqua Exercise	Christine

SATURDAY		
No Classes		

SUNDAY		
TIME	CLASS	INSTRUCTOR
8:45am	Aqua Exercise	Iva

BECOME ACTIVE:

Matthew Greenfield,
Aquatics Director
mgreenfield@ymcanyc.org
718-227-3200 Ext.1320

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
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