

KATHARINE WHITE HARVEY BRANCH

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Schedule Effective 10/15/2018

WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
6:00	Power Hour	"Easy does it"	Power Hour	"Easy does it"	Power Hour	
8:00	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
9:00						Water Volleyball
9:15	Power Hour	Aquacise	Power Hour	Aquacise	Power Hour	
10:30	Aquacise		Aquacise		Aquacise	
pm						
12:30						"Easy does it"
5:35	Power Aqua	Aquacise	Power Aqua	Aquacise		
6:30	Water Volleyball	Aquacise	Water Volleyball			

LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
5:30		Cardio Tone		Cardio Tone		
8:00						Power Step
8:30						
9:00						
10:00	Yoga	Pure Strength	Yoga	Pure Strength	Yoga	
10:30		SilverSneakers® Classic		SilverSneakers® Classic		Martial Arts
11:00	SilverSneakers®				SilverSneakers® Classic	
pm						
5:30	Martial Arts		Martial Arts			
6:30						

ALL ADULT FITNESS AND AQUATICS CLASSES ARE 50 MINUTES LONG

YWZONES (YOUTH FITNESS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30						Martial Arts
pm						
4:30	Tumbling 5+		Tumbling 5+			
5:30	Martial Arts		Martial Arts			
6:30	Functional Fitness	Body Mechanics	Functional Fitness	Body Mechanics		

Youth Fitness Classes are for 5 year of age and up

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