

# BRYAN YMCA ADULT WATER FITNESS CALENDAR

## JULY 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	JUNE 6	7	8
8:30am Aqua-Arthritis Georgia		6:00am Cardio Splash Jean	6:00am Aqua-Jam Cindy	6:00am Cardio Splash Jean	7:30am Aqua Blast Cindy
5:30pm Aqua Fit Kitty	Independence Day	8:30am Aqua-Arthritis Georgia	7:00am Aqua-Mind&Body Cindy	8:30am Aqua-Arthritis Georgia	9:00am Deep Impact Jean
		9:30am Arthritis Plus Georgia	8:30am Tidal Waves Joan	9:30am Aqua Yoga Joan	
		5:30pm Aqua Fit Kitty	9:30am Tidal Waves II Joan	12:00pm Lunchtime Turbo Jamie	
		6:00pm Hydromania Amy	12:00pm Lunchtime Turbo Kitty		
			6:00pm Wave Runner Jean		
10	11	12	13	14	15
6:00am Cardio Splash Jean	6:00am Aqua-Jam Cindy	6:00am Cardio Splash Jean	6:00am Aqua-Jam Cindy	6:00am Cardio Splash Jean	7:30am Aqua Blast Cindy
8:30am Aqua-Arthritis Georgia	7:00am Aqua-Mind&Body Cindy	8:30am Aqua-Arthritis Georgia	7:00am Aqua-Mind&Body Cindy	8:30am Aqua-Arthritis Georgia	9:00am Deep Impact Jean
9:30am Arthritis Plus Molly	8:30am Tidal Waves Joan	9:30am Arthritis Plus Georgia	8:30am Tidal Waves Joan	9:30am Aqua Yoga Joan	
5:30pm Aqua Fit Kitty	9:30am Tidal Waves II Joan	5:30pm Aqua Fit Kitty	9:30am Tidal Waves II Joan	12:00pm Lunchtime Turbo Trevor	
6:00pm Hydromania Amy	12:00pm Lunchtime Turbo Trevor	6:00pm Hydromania Amy	12:00pm Lunchtime Turbo Kitty		
	6:00pm Wave Runner Jean		6:00pm Wave Runner Jean		
17	18	19	20	21	22
6:00am Cardio Splash Jean	6:00am Aqua-Jam Cindy	6:00am Cardio Splash Jean	6:00am Aqua-Jam Cindy	6:00am Cardio Splash Jean	7:30am Aqua Blast Cindy
8:30am Aqua-Arthritis Georgia	7:00am Aqua-Mind&Body Cindy	8:30am Aqua-Arthritis Georgia	7:00am Aqua-Mind&Body Cindy	8:30am Aqua-Arthritis Georgia	9:00am Deep Impact Jean
6:00pm Hydromania Amy	8:30am Tidal Waves Joan	9:30am Arthritis Plus Georgia	8:30am Tidal Waves Joan	9:30am Aqua Yoga Joan	
	9:30am Tidal Waves II Joan	5:30pm Aqua Fit Kitty	9:30am Tidal Waves II Joan	12:00pm Lunchtime Turbo Trevor	
	12:00pm Lunchtime Turbo Trevor	6:00pm Hydromania Amy	12:00pm Lunchtime Turbo Kitty		
	6:00pm Wave Runner Jean		6:00pm Wave Runner Jean		
24	25	26	27	28	29
6:00am Cardio Splash Jean	6:00am Aqua-Jam Cindy	6:00am Cardio Splash Jean	6:00am Aqua-Jam Cindy		7:30am Aqua Blast Cindy
8:30am Aqua-Arthritis Cindy	7:00am Aqua-Mind&Body Cindy	8:30am Aqua-Arthritis Cindy	7:00am Aqua-Mind&Body Cindy	8:30am Aqua-Arthritis Georgia	
9:30am Arthritis Plus Cindy	8:30am Tidal Waves Joan	9:30am Arthritis Plus Cindy	8:30am Tidal Waves Joan	9:30am Aqua Yoga Joan	
5:30pm Aqua Fit Kitty	9:30am Tidal Waves II Joan	5:30pm Aqua Fit Kitty	9:30am Tidal Waves II Joan	12:00pm Lunchtime Turbo Trevor	
	12:00pm Lunchtime Turbo Trevor	6:00pm Hydromania Trevor	12:00pm Lunchtime Turbo Kitty		
	6:00pm Wave Runner Jean		6:00pm Wave Runner Jean		
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6:00am Cardio Splash Jean					
8:30am Aqua-Arthritis Georgia					
9:30am Arthritis Plus Molly					
5:30pm Aqua Fit Kitty					
6:00pm Hydromania Amy					

**Attend any or all classes on this Calendar for \$19 a month (members) or \$51 a month (non-members)**  
**Attend any or all classes for a single day for \$5 daily (members) or \$15 daily (non-members)**