FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER MORRISTOWN YMCA WATER FITNESS SCHEDULE

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HAPPY NEW YEAR! No Classes	2 9:00am Shallow: Karen 1:30pm Shallow: Lisa	3 9:00am Deep: Marie 9:00am Gentle Aqua: Bonnie 1:30pm SWIM INC.	4 9:00am: Workout on your own 1:30pm Shallow: Karen
7 9:00am: Workout on your own 12:15pm: Workout on your own 1:30pm: Strength & Stability: Pat	8 9:00am Deep: Marie 9:00am Gentle Aqua: Bonnie 1:30pm Shallow: Karen	9 9:00am Shallow: Karen 1:30pm Shallow: Lisa	10 9:00am Deep: Marie 9:00am Gentle Aqua: Bonnie 1:30pm SWIM INC.	11 9:00am: Workout on your own 1:30pm Shallow: Karen
14 9:00am: Workout on your own 12:15pm: Workout on your own 1:30pm: Strength & Stability: Pat	15 9:00am Deep: Marie 9:00am Gentle Aqua: Bonnie 1:30pm Shallow: Karen	16 9:00am Shallow: Karen 1:30pm Shallow: Lisa	17 9:00am Deep: Marie 9:00am Gentle Aqua: Bonnie 1:30pm SWIM INC.	18 9:00am: Workout on your own 1:30pm Shallow: Karen
21 9:00am: Workout on your own 12:15pm: Workout on your own 1:30pm: Strength & Stability: Pat	22 9:00am Deep: Marie 9:00am Gentle Aqua: Bonnie 1:30pm Shallow: Karen	23 9:00am Shallow: Karen 1:30pm Shallow: Lisa	24 9:00am Deep: Marie 9:00am Gentle Aqua: Bonnie 1:30pm SWIM INC.	25 9:00am: Workout on your own 1:30pm Shallow: Karen
28 9:00am: Workout on your own 12:15pm: Workout on your own 1:30pm: Strength & Stability: Pat	29 9:00am Deep: Marie 9:00am Gentle Aqua: Bonnie 1:30pm Shallow: Karen	30 9:00am Shallow: Karen 1:30pm Shallow: Lisa	31 9:00am Deep: Marie 9:00am Gentle Aqua: Bonnie 1:30pm SWIM INC.	