

October Indoor Pool Schedule

Simmons YMCA

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Contact Program Manager Tiffany Dockery with any questions: tiffany.dockery@ymcacharlotte.org

Be sure to check out our water fitness class schedules



WATER EX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Water Cardio Fitness Sandy - 9:05-9:55AM	Water Cardio Fitness Lynn - 9:05-9:55AM	Water Cardio Fitness Sandy - 9:05-9:55AM	Water Cardio Fitness Lynn - 9:05-9:55AM	Water Cardio Fitness Sandy - 9:05-9:55AM	
Water Cardio Fitness Sandy - 10:05-10:55AM	Water Cardio Fitness Lite Lynn - 10:05-10:55AM	Water Cardio Fitness Sandy - 10:05-10:55AM	Water Cardio Fitness Lite Lynn - 10:05-10:55AM	Water Cardio Fitness Sandy - 10:05-10:55AM	Water Cardio Fitness Ann - 8:10-9:00AM
	Water Cardio Fitness Chris - 7:00-7:50PM				

Questions about water fitness classes can be answered by Amanda Olsen-
amanda.olsen@ymcacharlotte.org