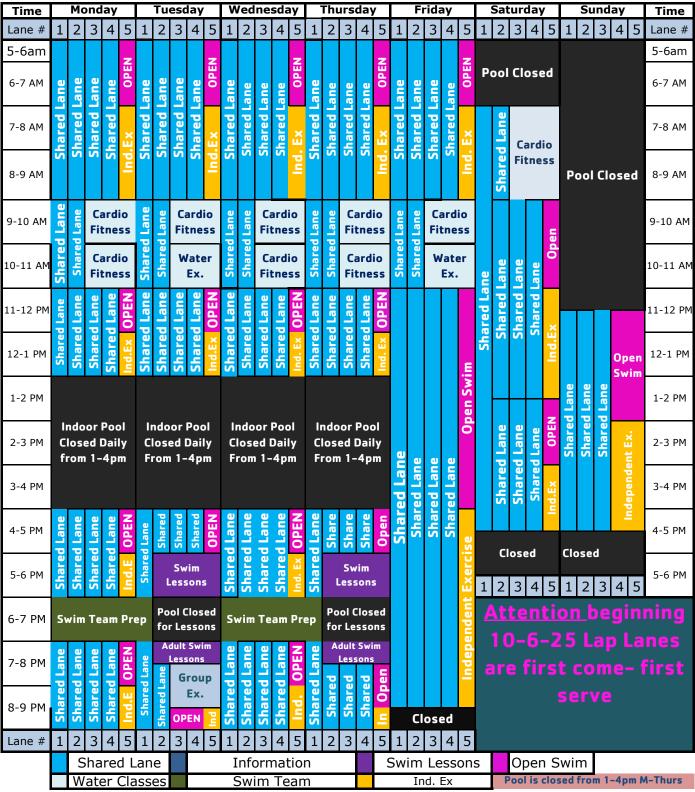


October Indoor Pool Schedule

Simmons YMCA



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 Olsenamanda.olsen@ymcacharlotte.org