

WATER EXERCISE CLASSES

June 2025

Monday	Tuesday		Wednesday	Thursday		Friday
9-9:45am Water Fitness In rec pool	9-9:45am Water Fitness/ Strength In rec pool	9:15-10am Aqua Jog In comp pool	9-9:45am Water Fitness In rec pool	9-9:45am Water Fitness/ strength In rec pool	9:15-10am Aqua Jog In comp pool	9-9:45am Water Fitness In rec pool
10-10:45am Arthritis In rec pool	10-10:45am Arthritis In rec pool		10-10:45am Arthritis In rec pool	10-10:45am Arthritis In rec pool		10-10:45am Arthritis In rec pool
	11-11:45am Aqua Yoga/Pilates In rec pool					
2-2:45pm Arthritis In rec pool			2-2:45pm Arthritis In rec pool			2-2:45pm Arthritis In rec pool
7:15-8pm Water Fitness In rec pool			7:15-8pm Water Fitness In rec pool			

Aquatic Director: Shanti Blatnik
sblatnik@lakecountymmca.org

West End YMCA
36909 Ridge Road, Willoughby, OH 44077
440.946.1160
www.lakecountymmca.org