



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November 2025

WATER EXERCISE CLASSES

Monday	Tuesday		Wednesday		Thursday		Friday	Saturday
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	9:15-10am Water Fitness- Shallow/Deep In comp 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	8-8:45am 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	7:30-8:15pm Aqua Drumming In rec pool		7:15-8pm Water Fitness- tabata In rec pool		*Thursday Nov 26 and Friday Nov 27- Y closed- no classes			

Aquatic Director: Shanti Blatnik
sblatnik@lakecountyyymca.org

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