



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## February 2026

### 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		9-9:45am 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	9:45-10:30am Water Fitness- Shallow/Deep  In comp 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 Aqua Drumming  In rec pool		7:15-8pm Water Fitness- tabata  In rec poo					

Aquatic Director: Shanti Blatnik  
sblatnik@lakecountyyymca.org

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